

**Do you have Sleep Apnea/
Asthma? Do you snore?
Are you anxious?**

**Learning to play a Didgeridoo
may ease your symptoms.**

**July 17-19, 2015, Learn Didgeridoo/
Circular Breathing from Elise Peeples at
lovely location in Humboldt County.**

No prior musical training necessary.



Elise Peeples, a didgeridoo teacher for 8 years, has a BA in Psychology, an MA in Philosophy and a Certificate in Sound, Voice and Music Healing from the California Institute of Integral Studies in San Francisco.

A study published in the British Medical Journal found that those who played didgeridoo over a four-month trial period saw a significant improvement in their daytime sleepiness and apnea; their partners also reported less disturbance from snoring.



Didgeridoo, a drone instrument, is played with circular breathing, which strengthens the muscles in the mouth and throat to alleviate symptoms of Sleep Apnea and Snoring. Just playing the drone without circular breathing can help Asthma, insomnia and anxiety.

COST: (space is limited, RSVP required--A deposit holds your spot..)

July 17: 6:30-7:30--1 hr. **FREE** introductory lecture (RSVP please)
7:30-8:30: 1 hour drone class: **\$20.00**

July 17-19: **\$110-150** (sliding scale) (2 hrs each day: Fri, Sat. and Sun. with time for practice on the property).

July 18-19: **\$90-120** (for those who already know how to drone. 2 hrs. each day, Sat. and Sun. with time for practice on the property).

To sign up and for more info, e-mail info@SoundRivers.net. or call: 510-843-4907

TESTAMONIALS:

Elise Peeples is an exceptional teacher, meeting you where you are with an arsenal of tools. Not only am I having fun, but I feel better, breathe better (I have asthma) and love the sound. One of the best things I have done in a very long time!!! -- Phyllis Burt, Petaluma, CA

When I practice daily, I can wear my sleep apnea device all night without a problem. (That was not the case before I began playing didgeridoo). --Nanci Jernnan, Petaluma

I have pulmonary hypertension and scarring in my lungs from radiation for breast cancer in the '70's. Playing the didgeridoo has helped my lungs and my heart work more easily, & increased my ability to breath deeply. --Sadja Greenwood, Petaluma



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