

Letter of Introduction to the Healing with Sound Project
from Arlene ...

Nightingales Medical Qigong



HEALING WITH SOUND

*AN EXPLORATION OF QIGONG SOUND TECHNIQUES
& THEIR EFFECTS ON BODY~MIND~SPIRIT*

Arlene Wilkinson, RMT, MMQ (China)

Cultivate vitality and impact quality of life through this powerful Qigong
practice using breath, vibration & voice

Get started now!

Contact Arlene 613.393.5335