

# APRIL 26 + 27

Join Bohemian Babe  
Christina Grozik

# for a Weekend of WELLNESS

## FRIDAY



Advanced  
Sound, Silence  
& Singing Bowl  
Workshop -

Level II

Friday, April 26

6:30 - 8:30 pm

**Wellness Investment: \$30**

\*\*Participants must have taken Level I of the  
Sound, Silence & Singing Bowl Workshop

This adventure takes a closer look  
at the impact of energy and vibration  
with a focus on using "Tibetan" Singing  
Bowls to reduce stress and anxiety.

Participants will have the opportunity  
to work hands on with singing bowls  
and learn about how powerful they  
can be when used on the body.

This workshop will also incorporate  
other exercises that assist in calming  
the mind and finding clarity.

### FRI 10- 4 p

### + SAT 9 -12 p

Private One-On-One  
Sacred Sound Vibrational  
Relaxation Sessions  
with singing bowls  
60 Mins / \$60

TICKETS AVAILABLE @ THE REIKI CENTER  
1540 WEST 5TH AVE COLUMBUS, OHIO  
Or Visit [TheReikiCenter.net](http://TheReikiCenter.net)

## SATURDAY

### Recognizing Synchronicity Through Signs, Strangers & Spirit Animals

Saturday April 27 / 2:00 - 4:00 pm / Wellness Investment: \$30

The Universe provides guides that help us on our journey through life. For years, ancient cultures have been attuned to these guides and versed in the messages that they were delivering. How do you find your spirit animal? How do you recognize that the words from a stranger may be the message you are looking for? As we move through the world, different guides appear to us at different periods to help us navigate our path. In our busy lives, most people move through their days without recognizing the things that surround them. When we learn to become fully present, the Universe speaks to us.

### Finding Balance Through Movement, Music & Mindfulness

Saturday, April 27 / 5:30 - 7:30 pm / Wellness Investment: \$30

Life can often present challenges and there are times that it is hard to let those things go. As these things are held they fill space within our systems and can create blockages. When this occurs we are not meeting our divine potential and allowing our energy to flow properly. This workshop is specifically designed to target focused energy centers and create flow. Beginner level movement methods will be demonstrated. As the journey continues, we will explore the power of sound for opening space and releasing stress. In our final step, we groove into the world of freeing the mind of clutter through learning the practice of presence and tips for embracing a life of mindfulness.

### Facilitator/Integrated Wellness Coach

Christina Grozik (Bohemian Babe) has spent the past five years on the road traveling. Her journeys allowed her to meet extraordinary people, immerse herself in unique cultures and partake in amazing experiences. More importantly she discovered lessons that would change her life forever. She has combined her roles as a Kent State University professor and event specialist with her wellness background. She is a Certified Vibrational Sound Therapist, Integrated Health Coach, Yoga Teacher, Polarity Practitioner, Energy Worker, and Reiki Specialist. With these modalities, she aims to help others find presence and balance. While she is known as a teacher, she also considers herself to be a student of life and pays gratitude to each day that allows her to be a part of it. She is currently working on a documentary about the impact of singing bowls and believes in practicing good vibes only.

