

Mountain Stream Meditation presents an evening of **Sound Healing** **Meditation**

with Miyu Tamamura

First Thursdays of the Month
Mar 7, Apr 4, May 2
6:00 to 7:00 pm

**Reset and recharge with the gentle sounds
of the Crystal Singing Bowls**

- Vibrational healing is deeply relaxing and therapeutic
- Chairs, cushions and blankets are available for your comfort or bring your own.
- We will be in stillness and silence for over an hour.

(This practice is not appropriate for young children.)

As part of Buddhist tradition, there will be an opportunity to make a donation which supports the teacher and the Center. We gently suggest a gift of \$5 -\$15 per person. All offerings are graciously received.

Nevada City Insight Center
710 Zion Street
Nevada City, CA



Photo by Jim Lewis

Mountain Stream Meditation
www.mtstream.org
530.265.6111



Miyu Tamamura is a Certified Shiatsu Practitioner and began her healing practice in Nevada City, California in 2003.

Miyu also uses Alchemy Crystal Singing Bowls for vibrational sound healing to deepen the therapeutic effects.

Miyu holds a Bachelor's degree in Fine Arts from Kyoto University of Art, studying Sho, Japanese calligraphy. Miyu practices and teaches Sho and enjoys creating calligraphy art for private collection and commercial projects. Her work has been sold as prints and cards nationwide. Her passion for the healing arts and calligraphy has blossomed into public calligraphy art performances.

Miyu's healing practice is never apart from her love of nature, art, music, poetry and silence. She loves to sing, dance and is committed to deep transformation and healing in herself and others.