

SOUND JOURNEY

Presented by Victoria Schou

**SUNDAY, JULY 14
8:30AM-9:45AM**

\$27 MEMBER | \$32 NON-MEMBER
Registration is Required | Space is Limited

CRYSTAL SINGING BOWL SOUND JOURNEY

Victoria will Lead us on a Crystal Singing Bowl Sound Journey. The tones produced by crystal bowls are not just heard by the ear, you feel them in your body, with certain tones affecting your energy centers for healing, balancing & meditation. There is a beautiful simplicity in receiving a sound journey, as you are not required to do anything but lie down or sit in a comfortable position on a yoga mat. Join us for this special workshop.

BENEFITS OF SOUND THERAPY

- » Deep Relaxation
- » Stress Management
- » A More Positive Outlook
- » Deeper Creativity
- » Physical Well Being

