

CRYSTAL BOWL SOUND HEALING MEDITATION

Feeling stressed or anxious lately? Having trouble sleeping at night? Are you having physical symptoms such as: body aches, pains, headaches, etc? Needing an outlet and a way to release and let go?

Ready to start your week off with a clearer mind and body?

Come join us for a Crystal Bowl Sound Healing Meditation, led by Chantal.

No prior knowledge of meditation needed! Just sit or lay down, enjoy and totally R-E-L-A-X!

Chantal's soothing voice, will guide you into a very relaxed meditative state through a relaxation technique to help calm the mind and body. Once you are lulled into a calm and relaxed state of mind and body, that is when the pure quartz crystal bowls begin to be played. As the powerful and penetrating sound frequencies begin to emit from the bowls, they penetrate our body's physical layers to help you heal at the cellular level!

Chantal is a gifted Intuitive Healer and Counselor with nearly 30 years of experience in the healing field and facilitating adult and youth meditation groups.

Past & recent participants stated they experienced:

- * Increased energy and overall sense of relaxation
- * Release of pain, tension and constriction
- * Peace of mind and clearer thinking
- * Increased ability to focus and concentrate
- * And so much more!

Cost: \$20

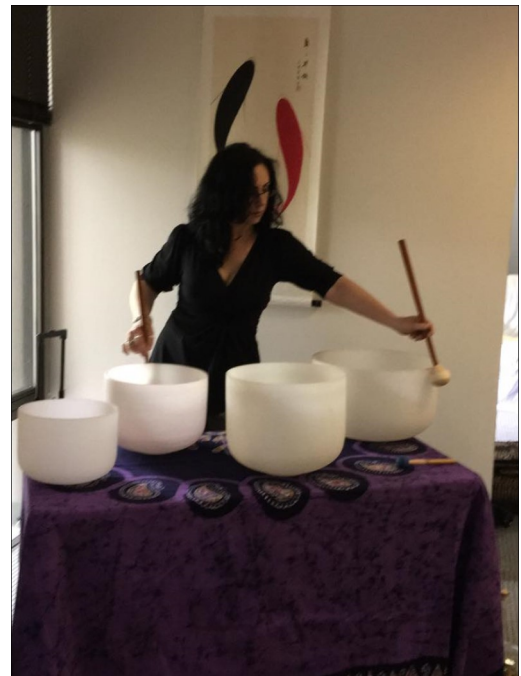
Date: Monday, January 22nd

Time: 6:30pm (promptly)

Where: Mondazzi Books

570 Hayden Station Road, Windsor, Ct

Call to register: 860-285-0538



****NOTE:** Please bring a blanket, pillow, something for under your knees and/or yoga mat for your comfort, as you will be laying or sitting on the floor. Along with bringing a bottle of water.