



HOLISTIC MOUNTAIN THERAPIES

SINGING BOWL SOUND MEDITATION

Hosted by: Holistic Mountain Therapies

Miller's Nook
Wednesday, February 20, 2019
7pm-8:30pm

Come join me for a relaxing intimate Sound Meditation with Himalayan & Crystal Singing Bowls. We will start with a short guided meditation then let the sounds & vibrations fill your body to bring you peace & calmness. Bring your own mat or blanket (I have a few extra). Reserve your space by calling Crystal at Miller's Nook 973-823-8606 as space is limited to 6 people. Energy Exchange is \$35.00. A small deposit is required or you can pay in full. Hope to see you there! ~Nancy