

Sound Healing Workshop

Meditation: Vibrational Sound Healing With Lovely Sounds of Crystal Bowl & Voice

With Marian McNair, MATC, MFA



Join us for deep relaxation and restoration with the healing tones of the crystal bowls and voice. The sacred tones allow a natural state of deep meditation through sound meditation. Experience something wonderful! Crystal bowl sounds are an ancient healing art and are a form of vibrational medicine. Everything around us vibrates and is organized by waveforms and frequencies. Every cell and molecule of our body takes part in the symphony of our health and well-being. When an organ or system becomes stressed, it loses its original harmony. With total relaxation and support, the correct frequency can remind our energy field of its original blueprint, bringing it back to harmony. While the tones create an atmosphere of calmness and serenity, Marian blends her voice with the crystal bowls. As we begin to resonate with the peaceful vibration, the body returns to a balanced state, helping the healing process. For more information on Marian visit <http://www.cellularharmonies.com/sound/>.

\$25 Early Bird Investment \$30 after July 28th

*Sunday ~ 12:30pm - 1:30pm
July 31st, 2016*

Marian McNair, MATC, MFA has worked with sound and vibrational healing for over 20 years and has produced five CD's which are used in her practice. Her wellness presentations combine her teaching background with the fundamentals of the ancient healing art of crystal bowl vibrational sound therapy. Marian leads monthly sound healing classes for cancer patients, Alzheimers patients, children with special needs as well as presenting her knowledge of the science of sound healing to women's groups, ceremonies and celebrations.



Workshop held at Sacred Path Yoga Studio: 1146 W. Jefferson St., Shorewood IL 60404
(Located in the Hammel Creek Commons Shopping Center)

To register please log onto www.sacredpathyoga.com & click "Enrollments" tab. For more information, email info@sacredpathyoga.com.