

Crystal Singing Bowl Meditation

**SATURDAY
AUGUST 18TH
12:30-1:30PM
\$15.00**

Experience a mind-body-spirit alignment for a natural state of Wellness. This meditation utilizes quartz crystal bowls that are tuned to the body's chakras and emit sound vibration tones that not only offer a relaxing sound journey, but also have multiple healing properties.



- RELIEVES STRESS CHANGING BRAIN WAVE PATTERNS TO DEEP MEDITATIVE THETA STATES

- RE-HARMONIZES THE FREQUENCIES AND RE-BALANCES THE PHYSICAL AND EMOTIONAL BODY

- BOOSTS THE IMMUNE SYSTEM

- REDUCES PAIN BY DISRUPTING THE PAIN REFLEX

- RELEASES STUCK ENERGY

- REENERGIZES AFFIRMATIONS

- PUTS US IN TOUCH WITH THE DEEP HARMONY THAT IS ALREADY INSIDE OF US AND WITH DEEPER REALITY OF WHICH WE ARE A PART.

RENEE

CERTIFIED HEALER:

Reiki Master

Angel Intuitive Practitioner

Certified Health Coach

CranioSacral Therapy

Reserve your spot today!

727-798-3964

THE ZEN ZONE EXPERIENCE

3964 TAMPA ROAD

OLDSMAR FL 34677

WWW.ZENZONEEXPERIENCE.COM