

Crystal Bowls Sound Healing Workshop



Friday, May 7

7:30-9:00PM

\$25 per person (\$30 door)

Sound As Vibrational Medicine: A Journey Into Meditation & Healing

Given that everything has a vibrational frequency, including ourselves, it makes sense that sound frequencies impact how we *feel*. That is why particular songs and types of music often bring about specific types of emotions from us. Sound healing is an ancient healing technique that uses tonal frequencies to bring the body into a state of vibrational balance and harmony. Sound frequencies slow down brain waves to a deeply restorative state, which activates the body's system of self-healing.

During this workshop, hosted by Tina Pautz, ERYT500, you will **learn** the benefits of sound healing, including:

- How it can boost your health
- Clear energetic blockages via the chakras
- Overall benefits to your spiritual well-being

Additionally, you will **experience**:

- Chakra balancing via crystal signing bowls tuned to each chakra's frequency
- Deep meditation encouraged by the calming sound of crystal bowls
- Vibrational therapy in a safe, comforting environment
- A renewed sense of peace, calm and balance



Join us to experience how sound can affect us physiologically, psychologically, cognitively and behaviorally in profound and healing ways to illicit calm, balance and renewed energy.

Pre-register online or in-studio as space is limited:

<https://www.updogyoga.com/workshops/rochester-workshops>



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