



Mindful Turtle Yoga & Wellness

www.mindfulturtle.com • (631) 721-1881

SOUND HEALING WORKSHOP

Sound Healing with Quartz Bowls, Toning and Reiki



Join us for a two hour shamanic journey with Healer, Psychic and Musician Karin. Karin uses Quartz bowls and her voice to create sound for healing. The bowls are silica quartz and resonate deeply with our bones. This healing has the potential to release blockages both physically, emotionally, and spiritually. It can also help relieve people of any physical and chronic pains. This therapeutic workshop is appropriate for people of all levels of spiritual development and no previous meditation experience is required. During the journey you will be laying down with pillows and blankets, Karin will bring you in and out of meditation, do a chakra alignment, and perform reiki on each of you individually. Karin will do a small reading before the journey begins to see what energy you need and one at the end to see how you received the energy.

Sunday, November 29th, 2009 at 5:00 pm

\$35 per person

Advanced Registration Required