

A *“Free Your Mind”* Special Event at

balance   
therapeutic massage & wellness center

# Crystal Bowl Sound Healing

*Exploring Resonance and Vibration*

with Guest Instructor, Theresa Morin

Join us for a fascinating 2-hour program to explore the power of vibration and sound on your energy body. The quartz singing bowls create a very pure sound wave that carries through physical objects such as our own bodies to create a vibration or resonance. This vibration of the bowls begins its effect at the spine and moves on to touch the organs, systems, tissue and cells to rebalance and connect us to greater health. The vibration also effects our chakra balance, cleanses the auric field and creates an alignment with our Higher Self.

This unique and fun experience will stay with you for days! The mesmerizing sound of the crystal bowls bring you effortlessly into a deep state of relaxation while they balance your chakras with their perfectly attuned tones. Vibrating your energy body into alignment, your mind, emotions and physical body will follow into a wonderful, peaceful, balanced state.

In this workshop you will learn:

- What is sound? What is music?
- What are Crystal Bowls and how do they work?
- Demonstration of chakra imbalance and rebalance using Crystal Bowls

Interested participants will receive a balance from Theresa during the workshop.

**Monday, August 16th from 6:00 – 8:00 p.m. at Balance**

**Fee: \$10 per person**

To reserve your place in our class, call 435-654-2532 today.

Theresa Morin is a Certified Theta Healing Instructor and explorer of all forms of energy healing. She offers private healing sessions with the crystal bowls and Theta Healing by appointment. She makes her home in the Heber Valley.

Balance – Therapeutic Massage and Wellness Center  
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