

SOUND HEALING MEDITATION



Sound Healing Meditation

with Shiran Glass Friday February 8th 8:30 –9:30PM

Using crystal sound bowls and her voice/toning, these meditations focus on shifting frequencies and attuning oneself to the highest vibration. Shiran also works with IET (Integrated Energy Therapy), which is a gentle and effective healing modality that clears out old energy and imprints peace, love, joy, and all else we may need on our journey.

What can you expect at this workshop?

- Alignment with your soul's purpose/spiritual DNA
- Relaxation
- Stress Relief
- Release of energy blocks that are preventing us from living life with peace and joy

Set your intention, then sit back and relax as Shiran plays the Crystal Sound Bowls, and guides you on a soul journey...back to your authentic self. Attendance Fee \$12

To Register Call (516) 432-7777 or email bikramyogarvc@aol.com