

FALL TUNE-UP WITH TONING AND CRYSTAL SINGING BOWLS

with Andrea Wenger



Saturday, Sept 26th

6:30-8pm

\$20



September is a month of transition into the energies routines of the Fall season. Join us for a gentle vibrational tune-up to restore balance to your physical and subtle energy bodies.

Sound penetrates more deeply into your consciousness than anything else. The use of sound and music for healing is an ancient technique in many spiritual and sacred traditions. Toning is like a release valve for stress and stuck energy; crystal singing bowls and other instruments have been found to calm to the mind, help release tension, and positively effect the central nervous system. These approaches will support you to be more present in the moment, and provide an opportunity to enter deeply relaxed states of mind and body where spontaneous healing can occur.

Visit us at: 6711 York Rd, Baltimore MD 21212 or yogaonyork.net