

Crystal Singing Bowls



Workshop 1: Crystal Singing Bowls, Chakra Energy Centres and Life Lessons

Join us in a workshop which will resonate with your truth and raise your "Knowing" to a new level of awareness. A Crystal Singing Bowl is one of the most beautiful forms of Vibrational Therapy. Ann will provide basic information on sound vibration and its effect on physical and energetic bodies. Learn about the relationship between the chakra energy centres and life lessons; learn how to use Crystal Singing Bowls for meditation, for making sacred space, for structuring water, and learn how to play and care for your crystal singing bowl.

There will be opportunities for discussion, sharing and, of course, playing the bowls.

Fri. Apr. 23rd, 2010 from 7pm-9pm

Cost \$50 (at the door)

Workshop 2: Crystal Singing Bowls: Soul Zipper

If you are on the path of self discovery this workshop is designed to take you to your next level of soul development while on this physical plane; a change in your life is inevitable. The Soul Zipper will provide you with the self knowledge and confidence needed for growth. We use the Crystal Singing Bowls to unlock chakra centres to expose truths learned as a child. Truths from childhood become our base for life's decisions.

Maturation changes perceptions and we recognize on an intellectual level that there are certain truths which are different than those truths learned as a child. Intellectual knowing is not the same as knowing in the heart and soul. Until these truths are in harmony, life will be in conflict and growth will be limited. This workshop is for those who are ready to recognize their life lessons and deal with them from a base of safety and security.

Sat. Apr. 24th, 2010 from 2pm-4pm

Cost \$50 (at the door)

Concert: The Sacred Sound of Unconditional Love - A Concert of Crystal Singing Bowls

Ann invites you to feel safe, accepted and loved unconditionally. Come, take a seat or lay down and let the sound wash over you. You can even bring a blanket and pillow to recreate the warm safe embrace of the womb. In this safe and gentle environment the luminous sound of Crystal Singing Bowls will realign the physical and etheric bodies into harmonic healing and balance.

Ann brings over 30 Crystal Singing Bowls to share a concert which will be as unique as the individuals who attend. The tones and sounds which come into being are in direct response to the needs of those in attendance. The safe and sacred space allows Crystal Singing Bowls to lift us to a state of altered consciousness where deep healing can occur. The group intent for joyful healing amplifies the power of the bowls and aligns our energy centers. You will experience inner peace, reduced stress and pure joy.

An evening of joyful harmony awaits you on: Sat. Apr. 24th, 2010 from 7pm-9pm

Cost \$25 (at the door)



**Location: Sanctuary at Unity of Savannah, Center for Spiritual Awakening
2320 Sunset Blvd, Savannah Georgia**

Advance Tickets

Workshop 1 - \$45
Workshop 2 - \$45
Concert—\$25

Workshop 1 &
Concert
\$60

Workshop 2 &
Concert
\$60

Workshop 1, 2 &
Concert
\$100

Individual Treatments - \$80 (50min)

Limited appointments available call Brie Pawlak to arrange appointment.

Fri. Apr. 23rd 12pm-5pm

Sponsored by: Push Pause

Helping you see your life from a higher perspective.

<http://www.push-pause.com>

Registration

Call Brie Pawlak at 912-335-7858 or email brie@push-pause.com