

SOUND BATH CHAKRA BALANCING HEALING MEDITATION



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TULSA YOGA MEDITATION CENTER
(51st & Sheridan – Farm Shopping Center)
Friday, July 19th, 6:30 pm – 8 pm

A ninety minute sound bath using Tibetan singing bowls, crystal bowls, large gong, ting shaws in combination with Chakra Balancing. Sound bath benefits are wide ranging and include *deep relaxation, reduced stress, pain relief, better sleep, inner peace, improved mood.*

Designed to improve spiritual, physical and emotional wellness, this healing meditation will be led by Victor M. Parachin, director of the Tulsa Yoga Meditation Center and the author of a dozen books including *Buddhist Wisdom For Beginners: An A - Z Guide.*

REGISTRATION - \$35

Payment options: Cash; Check (payable to Victor Parachin); Apps:

Pay Pal – vmnamaste@gmail.com **Venmo:** @Victor-Parachin-1

Questions and contact: Victor Parachin email – vmnamaste@gmail.com

Text to: 918-284-1422

