

# SOUND BATH CHAKRA BALANCING HEALING MEDITATION



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**TULSA YOGA MEDITATION CENTER**  
**(51<sup>st</sup> & Sheridan – Farm Shopping Center)**  
**Friday, March 22, 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**

**Register via email: [vmppnamaste@gmail.com](mailto:vmppnamaste@gmail.com)**  
**Send payment via **PayPal****