

SOUND HEALING MEDITATION



**4th Sunday of every month
9 – 10 am
\$20**

**Tulsa Yoga Meditation Center
(Farm Shopping Center
51 st and Sheridan)**

Benefits of listening to the ringing of Tibetan singing bowls, crystal bowls, tingshaws and large gong include the following:

- **healing of body, mind and spirit**
- **pain relief**
- **stress release**
- **mental clarity**
- **deep inner peace**
- **anxiety reduction**
- **awareness and insight**
- **tranquility and balance**

For more information email: vmpnamaste@gmail.com