

## SOUND HEALING MEDITATION



Saturday May 07th

5 – 6 pm

\$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

Register via email: [vmnamaste@gmail.com](mailto:vmnamaste@gmail.com)

Send payment via **PayPal** (or cash day of)