

Please join us for a

SYMPHONY OF SACRED SOUND

A Sound Bath of Crystal Singing Bowls, Chimes, Bells and Tuning Forks

When: Saturday, July 24, 7:00-7:45 pm

**Where: Tai Chi Revolution
2827 James Street, corner of
N. Edwards, in the back**

\$20 per person, payable at the door or call Lorri at 716-465-2784

Sound healing uses the power of sacred music to reharmonize the entire body to its most beneficial state. When one hears the sound frequencies, the cells become attuned to that frequency and cause perfect harmony within the body. The different frequencies played during the sound bath will quiet the mind, decrease stress and anxiety, improve sleep, release physical and emotional pain to restore the body, mind and spirit to a sense of balance, creating a deeper sense of peace and well-being.

Please bring your own yoga mat, sleeping bag, blanket and pillows as needed for comfort as you will lie on the floor. Some chairs will be available for those who cannot use the floor position or you may bring your own fold-up chair. This is a very transformative experience. I look forward to meeting you and seeing you there.

Lorri Mathewson, RMT, LMT has been using sound in her massage therapy practice for 30 years. She is a certified Biofield Tuning Practitioner and uses tuning forks in her healing practice.