

SINGING BOWLS & TINGSHA SALE with SOUND HEALING DEMOS (FREE)

Saturday, Nov. 28 from 10:30 am – 3 pm

Demos: 10:30 am, 11:15 am, Noon, 12:30 pm, and 1:45 pm

at LifeSource Yoga, Lower Level, Elevator Area

by Kathleen Calby, Re-Sounding Joy



Curious about
singing bowls &
sound healing?

Learn more in
15-minute, hands-
on presentations!

- Ways to clear heavy or old energies for yourself, home, and others
- Quick "alignment" technique with tingshas (little yoga cymbals)
- Apply a bowl for easy back & shoulder relaxation
- Singing bowls' musical notes and relationship to the chakras

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LifeSource Yoga
Commonwealth Square
300 N. Cleveland-Massillon Rd. (downstairs)
Akron, OH 44333

Kathleen Calby has 16 years of experience working consciously with sound and her ensemble of singing bowls. She often performs at LifeSource Yoga with yoga instructor Melissa Ferrato.

