



SOUND HEALING WITH AMY GREEN

Experience the benefits of multi-dimensional sound therapy for body, mind and spirit. Each one-hour session allows participants the opportunity to relax while various instruments are played for their rejuvenating and balancing properties. Amy facilitates a nurturing, held space to explore, heal and transform. Come ready to receive, and leave with a deep sense of peace and tranquility ~ pure bliss! Participants should bring any additional items needed to lie comfortably for the session, such a yoga mat, shawl, blanket or pillow.

May 19th 2:00 - 3:00pm \$17 in advance, \$20 at the door

