

**SATURDAY July 25th**  
**7 to 8 PM, at Via Valiente**

**COST**  
**\$25**

## **Sound Healing Immersion**

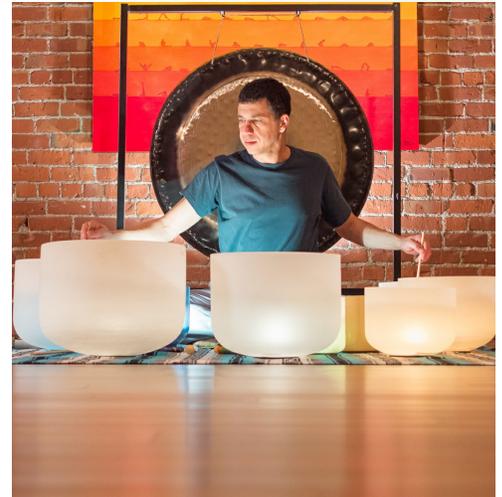
EXPERIENCE PURE PEACE  
*With Anaghan*

Sound Immersion is a therapeutic approach to health and wellness utilizing a variety of sound healing techniques, such as crystal singing bowls, the earth gong, and Native American flutes. Sound Immersion sessions can help to achieve deep relaxation, lower blood pressure, improved concentration and alleviation of physical pain or injury. Recipients also experience a greater sense of well-being and inner peace.

Sound healing is relaxing and non-invasive. As you hear and feel the powerful, pure tones of the various instruments, pain and stress can be reduced or eliminated. The mind becomes still and the physical, mental, emotional and environmental bodies are restored to a natural state of wholeness.

The benefits of sound immersion include:

- Relieve pain and tension
- Ease anxiety, stress and insomnia
- Improve memory and concentration
- Facilitate emotional healing
- Support recovery from addiction
- Lower blood pressure
- Depression, PTST and bipolar



Join us for a total immersion into the sacred sound current, in an evening of deep meditation and relaxation with sound healer Anaghan, who will guide us in an experience of pure peace and well-being using a variety of sound healing instruments as you relax comfortably in savasana.

**LIMITED SPOTS - RESERVE NOW!**  
**COST: \$25**