

CHAKRA BALANCING

Guided Bowl & Mantra Meditation



- Align
- Balance
- Purify
- Attune

Sundari yōga

Saturday, November 4th @ 1-2pm

Immerse yourself in a unique & extraordinary sound healing experience.

The 7 chakras are the body's major energy centers through which our life energy flows. And a blockage or imbalance in one or several of these centers can lead to mental, emotional, physical &/or spiritual ailments. But, sound (through instruments & voice) has been used for thousands of years to purify, align, & heal the body.

During this meditation, Meditation Teacher, Anthony Profeta, will play the crystal bowls to create a healing experience which remove blocked energy & allow you the opportunity to bring healing to your body, mind, & soul. Then, as he guides us one by one up through the chakra system he will introduce the Bija (seed) Mantras which we will chant together to further align, balance, & purify our 7 centers.

The bowls & mantras together will create a one-of-a-kind meditative experience in which we'll be immersed in soundwaves, pure frequencies, & vocal tone.

This is sure to be an event which you will not want to miss.

COST: \$20



www.AnthonyProfeta.com