

Crystal 'singing' bowls fun workshop

Everyone Welcome



SOUND THERAPY

VOICE TONING

ENERGY HEALING

MEDITATION

Experience an inner connection of peace and relaxation - an interactive, fun workshop with
Katia Twyford & Barbara Jackson

Venue: The Shed, Invitation to Health
256 Henry Parry Drive, WYOMING

Date: Saturday 19th October (limited places)
Full day workshop - 10.00am - 5.00pm

Fee: \$90 concession \$80

Explore and share how voice vibrations, meditation and the purity of Crystal Sound can create a positive shift to reprogram your cells and entrain with your chakras, resulting in a feeling of peace, tranquility and balance.

Bookings essential:

Contact Katia Twyford - 0418 961 367

Email: twyfordkatia3@gmail.com

BRING YOUR LUNCH, A MAT, BLANKET, PILLOW AND WATER.