



**Sunday April 30  
2:00 - 5:00 PM**

10962 Richardson Rd. Suite E  
Ashland, VA 23005

(804) 690-5650  
valovesyoga@gmail.com  
www.virginialovesyoga.com

**Cost: \$50**

## Crystal Bowls and the Transformation of Consciousness: An Afternoon of Learning

Have you been fascinated by the sound and feeling arising when Crystal Bowls are singing? Do you have a desire to really understand Why they create such a sublime state of surrender and Why you feel so purged and energetically detoxed afterward? And do you have a desire to know how to play these to share with others, and to know what to look for when purchasing them? In this playshop come and learn the fundamentals of using crystal bowls to safely elevate one's vibratory rate, and how to share that with others!

### Topics covered:

Crystal Consciousness  
How to Perform  
Types of Singing Sticks  
What & Where to Buy  
Care of Crystal Bowls  
Tones and Chakras  
Tuning and Frequency

Types of Crystal Bowls  
How to Receive  
Multidimensional Portals  
Energetic Detox  
Crystalline Nature of the Body  
Overdosing on Tone  
Solo or Group?

**Mark Torgeson** is a sound healer and composer of Music for Transformation. He has produced over 30 albums for shifting into higher states of consciousness which have aired on all continents. He teaches workshops on Healing Sound, performs concerts of transformational music, and has cofounded *Center for Planetary Awakening* for raising consciousness in the new paradigm. Mark has a degree in music, is a practicing Reiki Master, and has been creating Transformational Sound and music for forty years.

Learn more:

[www.HealingSoundImmersion.com](http://www.HealingSoundImmersion.com)

[www.MarkTorgeson.com](http://www.MarkTorgeson.com)

