



Sunday 2 April
2:00 - 5:00 PM

10506 Wakeman Drive
 Fredericksburg, VA 22407

healmeyoga@gmail.com
 www.HealMeYoga.com
 (540) 498-7979

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

Questions: Mark (540) 373-7011

