



# Healing Sound Immersion

*Experience Sound and Vibrational Energy for Increased Balance and Flow*

**\$30**

**2:30 - 4:00 PM Sat Feb 23** *Yoga Foundation of Fredericksburg, 1403 Franklin Street, Fredericksburg VA 22401*

Energetic and Healing Sound bypasses the mind. It's one of the most effective ways to gain clarity, a renewed sense of purpose and to open your heart. Sound travels deep to your core and awakens the more expanded parts of who you are. Energy Healing amplifies the human energy system, helping to clear patterns to experience a greater flow of health and wellbeing.

You will experience a brief introduction to the instruments and protocol, followed by an hour immersion, and a processing-out at the end. This is a healing and transformational modality, so be prepared to do your inner work during and after the session.

Facilitator: Mark Torgeson has been a practicing Reiki Master and massage therapist for 28 years, and a musician for 40 years. He has produced over 30 albums of transformational music 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. *Instruments Used:* Crystal & Tibetan singing bowls, Gong, Meditative Flutes & Drum, Tuning Forks, Bells, Didjeridu

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

