

Sound of Bowls

Thursday, March 1, 7:00-8:30pm



Traditional historic singing bowls produce sounds that invoke deep states of relaxation; naturally assisting one in entering expanded states of consciousness and meditation.

The sound of the bowls creates a deep level of communication with our inner world that opens us to the divine.

The sounds and vibrations of Tibetan singing bowls open blockages to help us experience an inner calm and deep relaxation to invigorate our natural energy thus allowing our body-mind-spirit to quiet and find balance. Join us for an evening of captivating renewal in the presence of ageless bell sounds.

You are invited to wear comfortable clothes, as you will be able to sit or lay on the floor as is comfortable.



\$25 • Pre-registration requested by April 24.

About the facilitator...

Thomas Roberts, the author of “The Mindfulness Workbook: A Beginner’s Guide to Overcoming Fear and Embracing Compassion (New Harbinger Press, 2009),” regularly presents at training sessions, workshops and retreats at local, regional and national levels. He is adjunct professor at Viterbo University in La Crosse, Wis., and St. Cloud State University in St. Cloud, Minn., where he teaches students mind-body healing, integrative medicine and a variety of other related topics. He also has an online course through PDR, Mindfulness: The Healing Power of Compassionate Presence, where his online class is ranked as a “best seller.”

PROGRAM FACILITATORS



Thomas Roberts