

Meditation Sound Healing with Lisa Devi



Saturday, November 17 • 4 - 5 pm
\$25 Member/\$30 Nonmember • Code # 211421

Sound Healing (Nada Yoga) frequency vibration helps to shift our state of being (physically, mentally, emotionally and spiritually) back to our natural state of harmony. This is frequency medicine, bringing a vibrational massage all the way down to the cellular level to unwind the mind and bring deep relaxation and inner peace. In these states of consciousness, participants may experience enhanced creative vision, self and soul learnings, and release from all things exacerbated by stress.

While comfortably seated or reclined, you will have time to rest, meditate, contemplate and marvel while Lisa Devi creates an evolving soundscape of crystal bowls, Tibetan bowls, Native American flutes, vocal mantra meditation, harps, chimes and many other instruments. Some choose to rest for the whole time, others move or stretch as inspired.

Possible benefits include:

- Increased vital energy flow, creativity, intuition and motivation
- Soothes, purify and harmonize your emotions
- Improves sleep
- Lessening of pain
- Increased focus and clarity in daily life
- Deeper sense of inner connection

Please dress comfortably in clothing that allows easy movement, and you may wish to bring your own mat, blanket, pillow and/or padding for extra comfort.

Questions? Call Jodi DiTomasso at 847.353.7517. To register, go to bgfitness.org.



FITNESS CENTER
at the Buffalo Grove Park District

