

“Healing Sound Shower” of Crystal Singing Bowls

Friday 16 August, 7:30 pm (60 minutes)

Tauranga Yoga Centre

173 Elizabeth St West, Tauranga

Cost: \$15 for Early bird (Booking by 12 August)

\$20 (Booking after 12 Aug, or at the door)

\$30 for two bookings

For booking or enquiry, contact to Shu,

Email: crystal@naturallifenz.org,

Txt: 021 054 9035

Facilitator: ShuShimaoka from Hawkes Bay

Shu is a Crystal Singing Bowl player/meditation facilitator, Reiki Master/Teacher and father of two boys in Hawkes Bay. He has become a NZ resident since 2005.

Crystal Singing Bowls are unique instruments made of 99% pure quartz crystal. Researches show that α -wave or θ -wave quickly appears in listeners' brain and this means the state of deep relaxation. It's the natural effect, so you need NO effort or skill and just be as you are.

This is an introductory workshop of this unique sonic healing tool for 60 minutes that can be experienced as a “concert”, “meditation” or “sound healing session”. So, enjoy as you like!