

Crystal Bowl Ceremony

Sound is energy and is the primordial element of creation. When a pure tone is sounded, it generates a healing energy for the body, mind and spirit. This ancient healing practice is easy, soothing and nourishing.

Lie in Shavasana (yoga's relaxation pose) and let the sound wash through.....

Led by Ted Swan and Jack Gillette

Sundays at the studio 3:30—4:30pm

All are welcome—no pre-registration required / \$10. donation requested

~~Please feel free to bring a drum as we begin the ceremony
with 10 minutes of drumming ~~

dibellayoga at the Depot Shoppes
31 Plank Avenue, Paoli, PA

610-578-0733 // www.dibellayoga.com

For more information about the bowls, the ceremony, and the leaders you
can contact: Malvern Sweat Lodge

610-648-0953

www.malvernsweatlodge.com