

# 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 2:00—3:00pm**

**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

Jack: 610-842-0013

Also for more information about the bowls, the ceremony, and the leaders you can contact: Malvern Sweat Lodge  
610-648-0953  
[www.malvernsweatlodge.com](http://www.malvernsweatlodge.com)