



## *Ancient Oils and Sacred Singing Bowls*

Thursdays in February, 2019

6:30-8:00 pm

*Olla Terve  
Healing  
Studio*

1091 East US Hwy 24  
Woodland Park  
Colorado

**Class Fee Scale:**

**\$15 - 25**



Sound from Tibetan Singing Bowls entrain the brain to move into the Theta brain wave frequencies that induce deep meditative and peaceful states, clarity of mind, and intuition.

The sound vibrations impact our nervous system, engaging our relaxation reflex and inhibiting the stress or pain response.

Your experience will be enhanced with Essential Oils of Ancient Scriptures.