



Ancient Oils and Sacred Singing Bowls

Thursdays in March, 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.