



**SOUND HEALING
WITH QUARTZ SINGING BOWLS, REIKI, TONING, AND INDIAN
BANSURI FLUTE
WITH
KARIN MARCELLO
@
STIRLING YOGA
308 MAIN ST.
GREENPORT NY**

**SATURDAY, JANUARY 7TH
START 12 NOON TIL 2 PM
\$45 3 DAYS BEFORE THE EVENT
OR \$55 WALK-INS**

**to register contact Karin at 631-220-5228
or email Tinker1052@aol.com**

- Experience a profound sound healing session with quartz singing bowls, indian flute, toning and reiki
- The healing session will include an opening meditation, chakra clearing, energy work and a grounding closing meditation to lead you into wholeness and balance within.
- During the journey you will be laying down so please wear comfortable clothes and bring a blanket, mat and pillows.
- Join accomplished musician and healer Karin Marcello on a shamanic journey that may help to release physical, spiritual and emotional blocks.