

MEDITATION WITH SOUND BOWL HEALING IN SCOTTSDALE



Sound Bowls have been used for meditation in Tibet since about 500 BC. People use them for relaxation, stress reduction, and Reiki.

About Your Sound Bowl Healing Class Facilitator

Kim is a Holistic Practitioner certified in many different modalities, with the most passion going into Vibrational Sound, working with her Alchemy Crystal Bowls and gongs. She is a Certified Advanced Amrit Method Yoga Nidra Facilitator, Reiki Master Teacher, 200-hour ERYT, and a Kundalini Yoga Teacher, currently working on finishing Level 2.

Scottsdale

8880 E. Desert Cove Ave., Scottsdale, AZ 85260

6-7pm

4th Tuesday on the Month

Please contact the ICRC Integrative Service Department @ 480-314-6660 for additional information.