

**The Liphe Balance Center
presents:**

Strings of the Soul with Ilya Levitin



Guided meditation with live channeled cello music.

"As meditation invites you back into you, you begin to make your own music."

Ma Jaya

- Tune into YOU by listening to your own breath.
- Experience chakra attunement to the color and the note of each of the seven main chakras.
- Recharge and re-create tension free state in Shivasana while listening to the soothing voice of the cello.

**Strings of the Soul
Sunday, Oct 8 2017
5:00 PM
\$30**

About Ilya Levitin

It all started for me by reading books by Carlos Castaneda. The message that stood out for me was about living each day like if it were the last day of my life.

The tools of spirituality always helped me to navigate through my own life's changes and challenges. I was born in Moscow (Russia) and immigrated to the US at the age of 22. My first job as a co-principal cello player with the symphony orchestra took me to Spain. In Spain, I experienced my first calling to practice Kundalini Yoga and mediation. Upon returning to the US in 1998, I was fortunate to meet my spiritual teacher – Ma Jaya Sati Bhagavati. Under the guidance of my Guru, I was initiated into Kundalini Yoga, Chakra Meditations and advanced Pranayama (breathing yogic technique) practices. I was invited to play the cello to accompany Kirtan (devotional singing) during various workshops Ma Jaya was offering at the time.



I have been teaching cello for over 20 years and am an author of a unique strings method book. I like to create very personal experiences for each student in my classes which usually brings over 300 students to my strings program every year.

Email Barbara to reserve your space: liphebalance@gmail.com
For more information on this and all Liphe Balance Center events please visit www.liphebalance.com or Facebook.com/LipheBalanceCenter

The Liphe Balance Center of Weston, CT | LipheBalance.com ~ 203.912.2791