

***The Liphe Balance Center
presents:***

SOUND HEALING & TIBETAN SINGING BOWLS With MICHELLE CLIFTON



*"After experiencing Michele at Linda's Healing House, I felt euphoric and knew many energetic blocks were cleared. You start standing in a large bowl followed by a long meditation, where the appropriate bowls, are placed on your body...heaven."
~Barbara*

You are invited to explore the ancient healing-potential of Sound Bowls to awaken a natural state of deep relaxation. Michelle Clifton will play the bowls to share an experience of beautiful tones that can calm the mind, release tension and reduce stress.

"If we accept that sound is vibration and we know that vibration touches every part of our physical being, then we understand that sound is heard not only through our ears but through every cell in our bodies." Dr. Mitchell Gaynor, director of Medical Oncology and Integrative Medicine, Cornell Cancer Prevention Center, New York City.
The fee is \$40. Advanced registration and payment required.

March 22 and April 19th at 7:00 pm Exchange: \$40

*Michelle is also at Linda's House of Healing in Bedford at 4:30 and 7:00
the first Tuesday of every month.*

Contact Linda@lkreisberg@aol.com for more information.

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](https://www.facebook.com/LipheBalanceCenter)

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