

***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

**August 8th
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.

Private Sound Healing Sessions

Make an appointment for a private sound healing session with Licensed Massage Therapist and Sound Healer Michelle Clifton. Experience deep relaxation and wellbeing while Tibetan/Himalayan Singing Bowls are played around and on the body & as chimes, tuning forks & tingsha are played in the room retuning and balancing your own vibration and awakening your body's innate healing powers.
\$115.00

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)

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