

Singing Bowl Meditation

with Lisa Harthun

Intuitive Empathic Reiki Master and Teacher, Vibrational Sound Practitioner,
Shamanic Apprentice, Herbalist, and Multimodality Holistic Practitioner

7:00 p.m., Friday, December 21, 2018

Love Offering of \$15.00

Restorative Guided Meditation, Chakra Balancing, as well as Quartz Crystal Singing Bowl Sound Immersion with Reiki and Shamanic Healing Elements.



Through extensive study and research, Lisa has created a program called Healing Flow. The program was designed to intuitively take you on a mind and body journey of healing and balance. Through this process, we are able break through and release stuck energy preventing us from being in the perfect mind body flow. This allows for deeper healing, enhanced creativity, and a greater sense of peace while attracting harmony and abundance into our lives. Healing Flow includes: specially tuned quartz crystal singing bowls, chimes, shamanic drum and rattle, along with healing background music. Lisa intuitively guides the flow to facilitate a greater healing journey, while sending Reiki healing to each participant.

For questions or reservations please contact
Rev. David Shaw at **313-702-2403** or **RevDavid@coechurch.org**.