

# Singing Bowl Meditation

**WITH WENDE**



## At Healing Arts Metaphysical Center, Batavia

Join us for this Unique, Relaxing Experience of Stretching, Breath Work, Essential Oils, Percussive Sound, Crystal Singing Bowls and more.

Please wear comfortable clothing and bring anything you may need to make yourself comfortable including bolsters, yoga mat or blankets (you may want to cover up as your body temperature may lower as you relax into a healing, sleep state)

Fee: \$20.00

Time: 7pm - 8:30pm

Please RSVP at 630-937-4094 or [www.healingartsmetaphysical.com/registration.html](http://www.healingartsmetaphysical.com/registration.html)