

# PERSONAL SOUND HEALING SESSIONS

## Scientific Studies and documented benefits:

- Modifies breath rate and depth, heart rate, and blood pressure.
- Triggers endorphin release, which improves mood and lessens pain.
- increases focus
- ...and so much more



Through pure tones it is possible to re-align cellular memory, which can ultimately effect the cellular expression of disease, wellness, and even liberation.

**Sunday January 19th**  
**at Ananda Yoga**

13035 Tamiami Trail, Suite E, North Port 34287

\$100

By appointment only (516) 220-4787

The singing bowls naturally and effortlessly still the mind bringing the intimate direct experience of meditation; our natural state. The mystical quality of Union; whole and complete...as you are. Initiating personal breakthrough's; release, healing, activation, clarity and understanding into all aspects of life in this mystically resonant Universe no matter where we might seem to be in our lives.

**Experience yourself in a new light....as Light itself!**

*While Singing bowls are played on you*

*William is a meditation, sound healing facilitator, and so much more.*

*For William, the experiential remembrance of God came through the vehicle of inner Light and sound. It is this sound that has led him directly to the singing bowls.*

*"It is a joy and passion to share and hold the scared space for all to remember, connect, and experience their Truth. As we heal ourselves, we heal the world ."*