

Journey into Bliss

Sound Bath with Steve Alling



During a sound bath, students lie in a comfortable savasana position supported with blankets and supportive props. Sound healing occurs as the Tibetan singing bowls and gongs create vibrational sound harmonics at the frequency of "OM". These harmonic vibrations engage the relaxation response slowing down the respiratory, brain, and heart rate while disrupting the pain reflex creating a deep sense of wellbeing.

Sound healing is beneficial in reducing stress and promoting a deep sense of peace and well being that can lead to better health.

Steve Alling is a Tibetan bowl healer, certified yoga teacher, reiki practitioner, and a world class skydiver. Steve believes that in this world of 14 hour days and non-stop deadlines, there needs to be time to give your mind and body a break.

Friday February 17 2012 at 7:00pm – 8:30pm

Just Breathe Yoga

The Center

2531 Division St., Suite 103

Joliet, IL 60435 Workshop Fee: \$25.00

<http://www.just-breatheyoga.com>