Stress Relief With Therapeutic Sound

Be transported by the psycho-acoustic sounds of the symphonic gong, crystal singing bowls, Native American flute, monochord, chimes and other exotic world instruments.

- Still the mind
- Recharge the body
- Dissolve physical tension and emotional blockages.
- Arise with more clarity and creativity
- Recalibrate and return fresh to creative projects & demands of work, life and school...

Palpable sound waves move over the skin, nourishing the nervous system with therapeutic sound. Lie down or sit comfortably, with the option to gently vocalize or move in response to the sound waves.

February 18th, 9am - noon
Siek Campus Center, Rm 204

3 hours of therapeutic sound with Amy McTear, Musician, Mentor & Spiritual Activist
www.amymctear.com

Drop in for a quick fix or stay for a deep immersion. Yoga mats, cushions and back-jacks are set up. Come and go as needed!

The Labyrinth will also be available. Refreshments provided.

Sponsored by Campus Ministry