



Tibetan Bowls for Healing and Meditation

Norma Gentile

sound shaman

Sunday, May 23 from 1-3pm

\$25 now / \$30 at door

People often tell me they have a bowl that they use in meditation, and they want to learn how to use it, along with their voice, in a deeper manner. Here is your workshop!

In this workshop I will show you:

- how to bring the most vibrant tone out of your bowl when you strike it (hint: everyone hits bowls too hard, dampening the healing effects of their overtones)
- learn to hold the bowl in relation to your physical body and chakras (the bowl heals through the skeletal structure, as well as through vibration)
- use the wooden dowel to draw out multiple notes from your bowl (slow and steady pressure around the belly, not the rim will draw out a lovely meditation note from most bowls)
- what to look for when purchasing a Tibetan Bowl (and how to choose one that fits you)
- add your voice, in humming or in chant, to your bowl playing for deep meditation and relaxation

This workshop is good for beginners and advanced students of life and sound healing

If you don't already have a Tibetan Bowl I have several extra bowls, so one will be provided for you at the workshop. If you have more than one bowl and would like to let another person play it, please bring it along.



Interfaith Center for Spiritual Growth, 704 Airport Blvd, Ann Arbor

Registration \$25 in advance

at Norma's website **www.healingchants.com** or at the door (\$30)