



Mystical Healing Sound Meditation

with Pavla Haluskova

Friday, April 26th, 2019

Please join Pavla for this special evening filled with moments that connect you more deeply with your soul.

To restore and relax, Pavla will sing Mantras and create a sound bath with harmonium crystal bowls, gong and much more. This is stimulating and soothing to your mind and body on a cellular level.

The power of the sound is one of many ways we can bring grounding and balance to our busy lives. The vibration of the sound penetrates into our bodies where it also meets us on a cellular level. It enhances the experience of integrating our healing process. The relaxation is bone-deep, healing and helping to realign the body, mind and spirit. This is a powerful gift to offer yourself - use it to deepen the connection to your own truth.

Mystical Healing Sound Meditation: 6:30-8:00pm
\$30 for Members, \$35 for Non-Members

* Please bring paper and a writing utensil for meditation portion

Register Today! Call (847)229-0292 or in person!

Sky Fitness 1501 Busch Parkway Buffalo Grove, IL 60089
www.skyfitnesschicago.com

