



Crystal Singing Bowls

with Louisa

Sound therapy touches every part of our physical being and it is not only heard through our ears but through every cell in our bodies. This meditative class with the beautiful sounds of Crystal Singing Bowls will make you feel *uplifted*, at *peace* and bring your body, mind and spirit to a state of well-being.

Date: **Saturday, March 30th**

Time: 1:00 - 2:15 pm

Price: \$20

About the Instructor: Louisa has been teaching for over 15 years and holds many certifications and licenses that include Yoga Instructor, E-RYT Yoga Therapy, Reiki Master Teacher, Personal Trainer and Bodywork Specialist.



All funds raised will go directly to Augie's Quest researching a cure for ALS.

Space is limited. Please sign up at the Red Bank Front Desk.

