

Come and enjoy a special treat for our Blue Mountains community...

# Sound Healing

## Deep Relaxation and Voice Toning

Crystal bowl group healing workshop with Barbara Jackson

### Relax with the magic of sound

Barbara Jackson is visiting us for one wonderful workshop where she will take a small group on a journey of deep relaxation using her crystal 'singing' bowls and voice toning.

The pure resonance from the crystal 'singing' bowls raises your vibrations and releases blocked energy. Sound therapy creates healing at a deep level and instils a profound sense of relaxation, inner peace, and well-being.

This group healing session is perfect for an energy boost or to de-stress. Sound healing is an effective treatment for depression, anxiety, insomnia, high blood pressure, pain and balances left and right brain hemispheres.



**Saturday 20th April 5-7pm**

**At the beautiful...**

**Blue Spirit Yoga and Healing Space, Leura**

\$35 and \$25 concession

This workshop will be kept small, so places are limited! Your place will be secured with payment.

**For bookings contact Layla**

**Phone 0400 478 921 or Email [preciousremnants@gmail.com](mailto:preciousremnants@gmail.com)**



For more info about Barbara and her work visit:  
[www.sublimesoundhealing.com.au](http://www.sublimesoundhealing.com.au)