



Wellness Collaboration Reiki-infused sound meditation



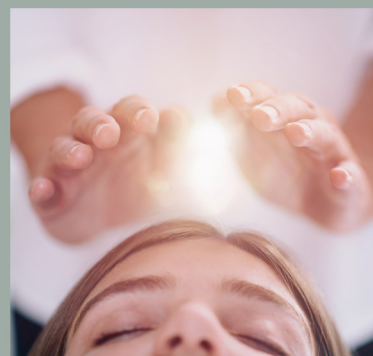
**Crystal Lilya of
Tonal Harmony Healing**

Crystal is a healing arts practitioner, holding a Bachelor of Arts in music voice and psychology. Certified by the Sound Healing Academy, she is also a Reiki Master, Compassion Key practitioner and holds advanced certifications in Sacred Soul Alignment and Energy Allergy Healing.



**Diane Anderson of
Sister Seekers**

Diane is a healing arts practitioner and teacher with a master's degree in naturology. Her practice includes Reiki, Energy Medicine, Shamanic Healing, Holistic Health Coaching, and Spiritual Mentoring. Diane's practice focuses on the power of spiritual healing.



A Reiki-infused sound healing meditation combines the healing powers of Reiki energy and sound therapy to promote relaxation, balance, and holistic well-being. During the meditation, soothing sounds such as Tibetan singing bowls, crystal bowls, gongs, or chimes are played to create harmonious vibrations that resonate throughout the body.

At the same time, the practitioner channels Reiki energy, a Japanese technique for stress reduction and relaxation that also promotes healing. This energy is directed towards the recipient, flowing through their energy centers (chakras) and meridian pathways to clear blockages, release tension, and restore energetic balance.

The combination of sound vibrations and Reiki energy creates a deeply immersive and transformative experience, allowing participants to enter a state of deep relaxation, release stress and tension and access their innate healing abilities. It is believed that this synergistic approach can facilitate physical, emotional, and spiritual healing, promoting overall health and well-being.

Monday, August 19, 2024, at 7 PM-8:30 PM
at Hermitage Farm, Rochester, MN ****RESERVATIONS REQUIRED.**

reserve your space at:
tonalharmonyhealing.com

Cost is \$60.00

