

Soul-cial Circles Circular

Soothe & Sate Your Soul
Summer 2024



"New Ways & Days to 'Get You Back To You'"

– Connie Iezzi, Healing Arts Practitioner



Happenings

Look for future outdoor events
@ <https://www.soul-cialcircles.life/sound-soother>



**Group Sound Soothers
Singing Bowl Sound
Bath Meditations
Day or Evening
2 Locations**

**Individual Sessions
Several Options
Wednesdays at
Hermitage Farm**



What are 'Good Vibration' Sessions?

Tibetan bowls are placed on or around the body & rhythmically struck with a mallet for a deep relaxing & restorative experience.

Participants lie on a massage table, fully clothed in comfortable attire without zippers or snaps and the bowls are placed along the meridian lines, directly on or above/near the body.

The mechanism of action is based on the theory that we are all made of energy and vibrations, and that directed vibrations can release trapped energy that has been stored in the body. This session uses sound waves produced by the bowls that are strategically sent through the body along the energy centers and paths. The vibrations are gentle, and the bowls produce a pleasant tingling sensation that has a calming effect on the body and the mind by inducing the relaxation response.

Have questions? Not sure what is right for you- Reach out
www.soul-cialcircles.life or email connect@soul-cialcircles.life