



Vibrational Sound Bath

❖ Explore the deep relaxation of metal & crystal singing bowls and other vibrational instruments. Let the vibrational waves wash over you as you expand your awareness to receive the sound, not only through your ears but with every cell of your body.

❖ This restorative session will give you a sense of well-being. The immune system is at its best when relaxed. This will be an opportunity to recover from stress, release tension and stop the mind's chatter. The session is done laying down so bring your yoga mats, blankets, and small pillows to make yourself comfortable during this meditation/relaxation experience. It can also be experienced in a seated chair.



**LAST TUESDAY OF
EACH MONTH**

6:30 – 7:30 PM

*except for December –
will be held on 12/17/19

**Claret Center
5536 S. Everett
Ave**

Chicago, IL 60637

***Must register due
to limited space!***

\$17 prepaid

\$20 at door

❖ Patricia Walton LMT, CMI, CVST is a nationally certified and licensed Massage Therapist, a certified Vibrational Sound Therapist, and an active member of the American Massage Therapy Association. She has a B.A. from Columbia College, Chicago, IL and studied at the Chicago School of Massage Therapy. Patricia has also been trained in Thai yoga, acupuncture, aromatherapy, hot stone and hospice massage, and Palmers Method of seated massage. She is also a Meditation Instructor and Spiritual Director.

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