

**Come Join Us for A Relaxing
Sound Journey
With Deb & Tanya
Every last Thursday of the month
7pm-8pm**

Explanation of sound healing

Sound healing is an effective and proven holistic approach to physical, emotional, and spiritual health. Using vibrations and frequencies to help release pain, reduce anxiety and stress, and alter consciousness, sound healing creates a deep sense of peace, well-being, and better health. Correct sound frequencies can enhance the resonant frequencies of the body while restoring balance, health, and harmony to our lives.

**Where: Center of Grace
Enders Rd
Building 10
Manlius NY**

And come and relax

**Register at www.blissenergywork.com
Fee: \$28.00**