

Primordial Sound and Movement Class

Led by Tina Lyon



First Wednesday of each month, 7:15 – 8:30 p.m.
Pre-registration suggested. Walk-ins welcome.
Fee \$20.00

Held at Valley Academy for the Arts
125 W. Wisconsin Ave, Neenah

For more information, contact: lyontk@gmail.com, (920) 858-7735

Please bring a blanket for warm up stretches and wear comfortable clothing to move in.

Experience the combined effects of healing from both sound therapy and body movement. Move from within as you are bathed in the sounds of the crystal singing bowls. Body movement that is inner directed can amplify and aid in the realignment of the chakras as you experience the beautiful sounds of the seven chakra crystal singing bowls. Sound Therapy is rapidly gaining in popularity as a safe alternative to invasive medical therapy.

Tina has been in the healing arts since 1994. She continues to expand her knowledge and interest in the human body and how it can be healed with out drugs or surgery. She is studying to receive her bachelors at AIHT in the field of Paraphychic Science (the study of Energy). She is a Master Teacher in Reiki and Transition Life Style Coach. "I have always known that I was sensitive to energy," Tina comments, "That is why I decided to help others on their path to wellness." She can help you heal your body, mind and spirit. www.touchingtranquility.com