

singing bowls, gentle yoga and savasana

feel better in your body
quiet in your mind

sunday, may 16th; 1:00 - 3:00 pm
fee: \$30 • rsvp 310 374 5933

Experience one of the world's oldest most
profound healing, meditative powers

In the Himalayas for millennia singing bowls have
been used for healing and meditation. Now, they
are here and available for you to experience.

Join Christopher Quain one of the few Singing
Bowl performers in the western world as he takes
you places you've never been. First, lie back and
enjoy an hours worth of the Himalaya's most
ethereal vibrations then once you've found your
essential center slowly begin to feel your way into
your body and your yoga practice reaching
depths hitherto un-experienced.

Once you experience these vibrations you will
never forget them.



lyfe™
YOGA CENTER

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