

Special Workshop: Crystal Bowls & Reiki

with Amanda Domnitz

Saturday,
October 20th
3:00-5:00pm

A Gentle Way Yoga &
Joyful Movement Center

Cost: \$40

A Gentle Way Fun-Raiser!



We Will Learn About:

- The History of Crystal Bowls
- How They Work to Heal
- Basics of Sound Therapy
- Sound and Chakras
- How To Play Crystal Bowls
- Experience And Learn How To Give A Healing Session



Amanda Domnitz

Is a Registered Nurse, Yoga Teacher - 200 hr RYT, Usui, Tibetan, Karuna Reiki Master Teacher, and experienced in Sound Healing/Therapy. She was drawn to the crystal bowls for her own healing and now has been guided to share her own experiences and gained knowledge of Healing Thru Love! She is also available for private healing sessions.

What you need:

Water, pen and paper (if you're a note taker), and an open heart. We will be doing treatments lying down on the floor, so wear comfortable clothing.

8274 Parkway Drive, Suite 102, La Mesa, CA 91942

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