

Saturday August 8th

@ 1:30pm or 6:00pm

Join us for this remarkable sound bath session at
The Centre at VitaZen.

**Register today to reserve your spot as
space is limited. \$30 per person**

Greg Burns, owner of Metta Vibrations, practices the Healing Art of Sound. He has been practicing the art for over 10 years, helping foster wellness and personal transformation for people just like you!

The Sound Bath experience is a unique musical experience intended to provide deep relaxation of both mind and body. For this event participants will be invited to relax and become comfortable for the session. After beginning with a brief guided relaxation, Greg will begin filling the atmosphere with the harmonic tones of Himalayan singing bowls, symphonic gongs, and more. The sounds will last for an hour before being guided back to waking consciousness. Time to ground and reflect on the experience will be offered before concluding the session. The experience offers a wide range of possible benefits in addition to relaxation, and interacts with each attendee in a personal way.



Sound Bath



with Greg Burns of Metta Vibrations



**Sign up for a 5NP
auricular acupuncture
session too!
See poster for details.**

The Centre at VitaZen
12787 BT Washington Hwy
Hardy, VA 24101
540-721-9365
TheCentreAtVitaZen.com