



WORKSHOPS

Mii amo

Sound Healing: A Journey with Crystal Bowls

Presented by Tanaya Gallagher

1:00 – 2:00 pm
Mii amo Library

During this experience, you will be exposed to classic frosted bowls as well as alchemy crystal bowls to transmute and adjust the physical and energetic bodies. Following the sound experience, there will be a brief lecture on why and how to use these magnificent tools for self-transformation. All levels are welcome to join. Please bring any questions you may have about using sound to assist your overall health and well-being.

ABOUT THE PRESENTER

Tanaya Gallagher began her education of sound through music and singing as a child. As an adult, she deepened her knowledge of the sound current and the use of applied sound in healing through yogic study. Her journey with crystal bowls began in 2015 and has grown into a committed practice of devotion and continued experience and training. Tanaya is delighted to share her passion of sound healing with all who will open themselves to this unique experience.