

SIMPLY AWARE

Sound Bath Experience



Slow Down!

Breathe!

Relax!

Join Chris and Fayne with their large collection of Himalayan Singing Bowls for a delightfully healing soundscape experience.

- Release Tension and Stress
- Drop into a Deep Meditation*
- Allow your mind to float as the waves of sound gently carry you away
- Get comfy** and prepare to cleanse your spirit in a 50-minute sound bath immersion
- Mingle, explore the bowls, ask questions, share experiences, enjoy tea & snacks
- Stand in our 20-inch bowl, “Big Bertha”, and feel the vibrations travel up your spine

*No meditation experience necessary.

**Bring your own comfort items (pillow, mat, blanket, eye cover, etc...)

REGISTER for your Sound Bath Experience TODAY! **Space Limited**

Sound Bath Experience

Led By: Chris and Fayne Bouguyon Co-Founders - SimplyAware

\$30.00 Each OR **\$50.00 for Two!**



WHEN:

July 21, 2018, Saturday
Check in: 6:30 pm
Meditation: 7:00 to 9:00 pm

WHERE:

Roser Martial Arts Center
3166 W Parker Road
Plano, Texas 75075

Questions? Call/text 214-476-1719 or E-mail Fayne@SimplyAware.com

Register Now at www.SimplyAware.com