

Tibetan Sound Healing Meditation and Chakra Workshop

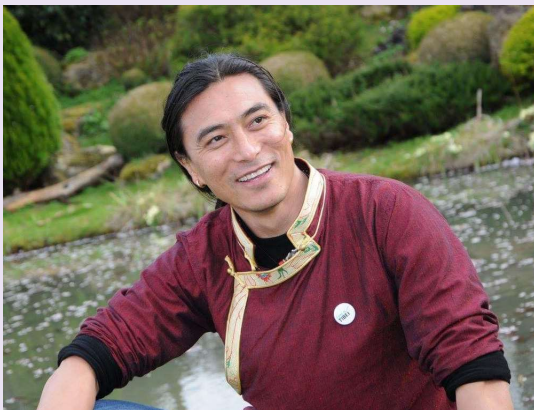
Come and enjoy a Saturday afternoon of Tibetan Sound Healing Meditation with Kunchok Nyima, who was raised as a Tibetan Buddhist Monk in Tibet. In his experience it has proven to be one of the most powerful, natural ways to promote internal healing, improve self confidence, strength and motivation.



You will also be welcomed to develop your seven soul house (seven chakras) located along the central channel of the body and learn power and significance with Hilal Yildirim, a Tao Hands Practitioner.

The workshop will take place on **Saturday 24th November 2018** from **4pm until 8pm** at Yoga Akasha, a beautiful studio in the heart of East Grinstead. *First Floor, The Old Mill, 45 London Road, East Grinstead, West Sussex RH19 1AW*

Cost is **£40** and if you would like to book a place please contact Jade on 07918 761083 email: jade@artisticlicenceagency.com OR Hilal on: 07966 486889 email: hilal1333@hotmail.com



Come and enjoy an experience that will leave you with a sense of inner calm and stillness.