

JOIN US FOR AN EVENING OF:

SOUND HEALING

Blue Star Canada has arranged for Loretta Langille to lead us in a sound healing meditation. Using a variety of instruments such as crystal bowls, metal singing bowls, rain sticks, drums, ocean drums, tuning forks and voice, Loretta helps to bring those attending into a deep state of relaxation and calmness. All are welcome.

WHEN: FRIDAY, MAY 10th at 7:30 – 9:00 p.m.

WHERE: Unity Church, 3075 Ridgeway Dr. Mississauga

DONATION: \$20 per person

CONTACT: To reserve a spot and find out more about the event and what to bring, please email David at: david@bluestarcanada.org

For more information on the nature and benefits of Sound Healing, you might also like to visit Loretta's website: www.tuningintowellness.com/meditation-sound-healing

