



Sacred Sound Healing Circle with Corinna Hartmann & Jamie Lemmon on Monday, August 15, 2016

Come to the BEPC Annual picnic in the Park @ **Gene Coulon Memorial Beach Park Creekside Shelter** - (1201 Lake WA Blvd N, Renton WA, 98055) [Driving Directions](#)

The fun begins at 5:30 PM with picnic and at 6:00 PM we begin our Sacred Sound event.

Just like tuning a musical instrument, your body can be tuned to come back into energetic balance. Vibrational Sound Therapy is the practice of using sound frequencies to realize and correct imbalances. Sound is a form of energy or Chi and the entire body absorbs and emits sound. Using the correct vibrational frequencies promotes healing and brings the physical, mental, emotional and spiritual bodies back into energetic balance. Sound can reach places that traditional medicine cannot go.

Come and experience the amazing harmonious sounds and soothing vibrations of the crystal singing bowls with Corinna and Jamie. The bowls bring about relaxation as we connect to peace and joy, often removing blocks to our health and wellness. Using the 7 main chakra bowls that have all been harmonically matched, you will experience chakra balance and alignment. Some people have reported experiencing positive changes in their intuition and spiritual growth after a sacred singing bowl circle.

You are welcome to bring a special personal intention written on a piece of paper to be placed in the bowl of your choice. The sound frequencies will enhance and broadcast your personal intention into the Universe, for the purpose of helping to manifest your intention. For those that would like to participate in the playing of the bowls we will provide a simple easy instructions.

We play as intuitively guided, with an intention of highest truth, wisdom, love, light and healing for those present.

Please **RSVP** so we can be sure to have enough food for the picnic (bepcexpo@gmail.com). Hope to see you there!