



Sacred Sound Healing Circle with Corinna Hartmann & Jamie Lemmon on Monday, August 21, 2017

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 Direction via Google](#) *See detail directions below*

The fun begins at 5:30 PM with picnic and at 6:00 PM we begin our Sacred Sound Healing Circle. We had so much fun with Corinna and Jamie in the park last year we wanted to do it again this year.

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!

Corinna Hartman - [Wisdom U](#) - wisdomu444@gmail.com

Jamie Lemmon - lemmon@comcast.net

Directions to Gene Coulon Memorial Beach Park - Creekside Shelter

1. Take I-405 toward **Renton**
 2. Take the **WA-900 E** exit, EXIT 5, toward **Sunset Blvd NE**
 3. Coming from the South, turn **left** onto NE Park Dr/WA-900.
 4. Coming from the North, turn **right** onto NE Park Dr/WA-900.
 5. Turn **right** onto Lake Washington Blvd N. (at light)
 6. Turn **left** onto Coulon Beach Park Dr (at light) to enter the Park
 - a. *If you reach N 20th St you've gone too far.*
 7. Take first **right** at light
 8. Follow signs to South Beach swimming area (first **left**)
 9. First parking lot on the right is closest parking
 10. A roundabout will take you to the next lot or back to this lot
 11. When walking toward the water take the sidewalk on the right
 12. The Creekside Shelter is on the right, across from the Volley Ball courts and before the restrooms
 13. Gene Coulon Memorial Beach Park, 1201 Lake Washington Blvd N, Renton, WA 98055
-

Date: Monday August 21, 2017
Venue: Gene Coulon Memorial Beach Park Creekside Shelter
Address: 1201 Lake WA Blvd N, Renton WA, 98055
Time: 05:30 – 06:30 PM General Meeting & Picnic
06:30 – 08:00 PM Healing Circle

Website: www.bepcweb.org
Email: bepcexpo@gmail.com
Facebook: www.facebook.com/BEPCWeb
Phone: 206-423-2276