

Wrap Yourself in the Resonant Vibrations of Healing Sounds

**Join an intimate group to gently explore and experience shifting consciousness with the use of sound—
*ancient , traditional and contemporary.***

Those who attended this workshop last month reported having deeply moving healing experiences – and a good time, too! By limiting the group size, Kelly is able to offer intimate, personal experiences for each person in attendance, and an atmosphere of curiosity and joy allows all to be shifted in body, mind and spirit.

A limited group of 12 participants will experience personally and deeply:

- *Chanting of simple sounds designed to bring peace and balance to body and spirit.*

The chanting portion of the program allows you to truly feel the shifts that occur in your nervous system when sound is used to take your attention inward to your true nature. You may be very pleasantly surprised by the changes you experience in your body and energy simply by expressing sound in this very natural and comfortable way. You will also leave with handouts to support you in your own daily practice. No singing experience is required and all chanting is done as a group so you can explore and experience without feeling self-conscious.

- *An Extended Hypnotic Sound Meditation*

It is like a wonderful sound massage using Tibetan (brass) and crystal bowls, gongs, vocal toning, and light percussion. As you rest peacefully – relaxing on waves of soothing sound – your body, mind and spirit sink into spaces of peace, harmony and clarity. These meditations have proven extremely helpful for letting go of stress, shifting consciousness to its most naturally peaceful state, healing emotionally and physically, and sleeping soundly.

This meditation may be enjoyed lying on the floor, seated in a chair (chairs provided) or seated on the floor with your back resting against the wall.

Please bring what you need - a mat, blanket and/or pillow to create the greatest comfort.

Location: breathe books - On the “Avenue” in Hampden
810 West 36th Street, Baltimore Maryland 21211

Date/Time: Friday, October 14, 2011 6:30PM – 8:30PM

Fee: \$30

Registration: In order to ensure the richest experience for all participants, **class size is limited so please call to reserve your space.** A call to breathe books at 410-235-7323 will reserve your space now.



Kelly M. Hilton, CH, is a professional hypnotist specializing in healing states of consciousness. Using words, instruments and vocal toning, Kelly offers hypnotic sound meditations and group chanting designed to bring deep relaxation, clarity and supportive shifts in mental, physical and spiritual consciousness.

More Info: Discovering Resolutions - <http://www.discoveringresolutions.com>

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