



Elevate Your Well-Being!

Are sound and vibration a part of your daily routine? Have you thought about their incredible potential to heal your body and mind?

✨ Join us for Vibrational Healing Night! ✨

Discover the powerful connection between sound frequencies and your body through immersive experiences. Feel the harmony between mind and body, and treat yourself to a transformative healing journey, perfect for your busy lifestyle.

Content: Introduction to the principles of audio healing, singing bowl experience, chanting for self-healing

Date: 11 April 2025 (Friday)

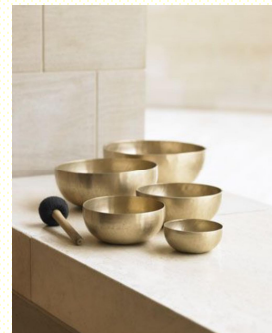
Time: 7:00 PM - 8:30 PM

Venue: Room 605, Sterling Centre, 11 Cheung Yue Street, Lai Chi Kok (MTR Lai Chi Kok Exit A)

Class size: max. 10 people (First come, first served)

Fee: HK\$200 per person (for members only)

Note: Please wear comfortable, loose-fitting clothes as we will be lying down during the session.



****Don't miss out on this unique opportunity to rejuvenate your spirit!****

