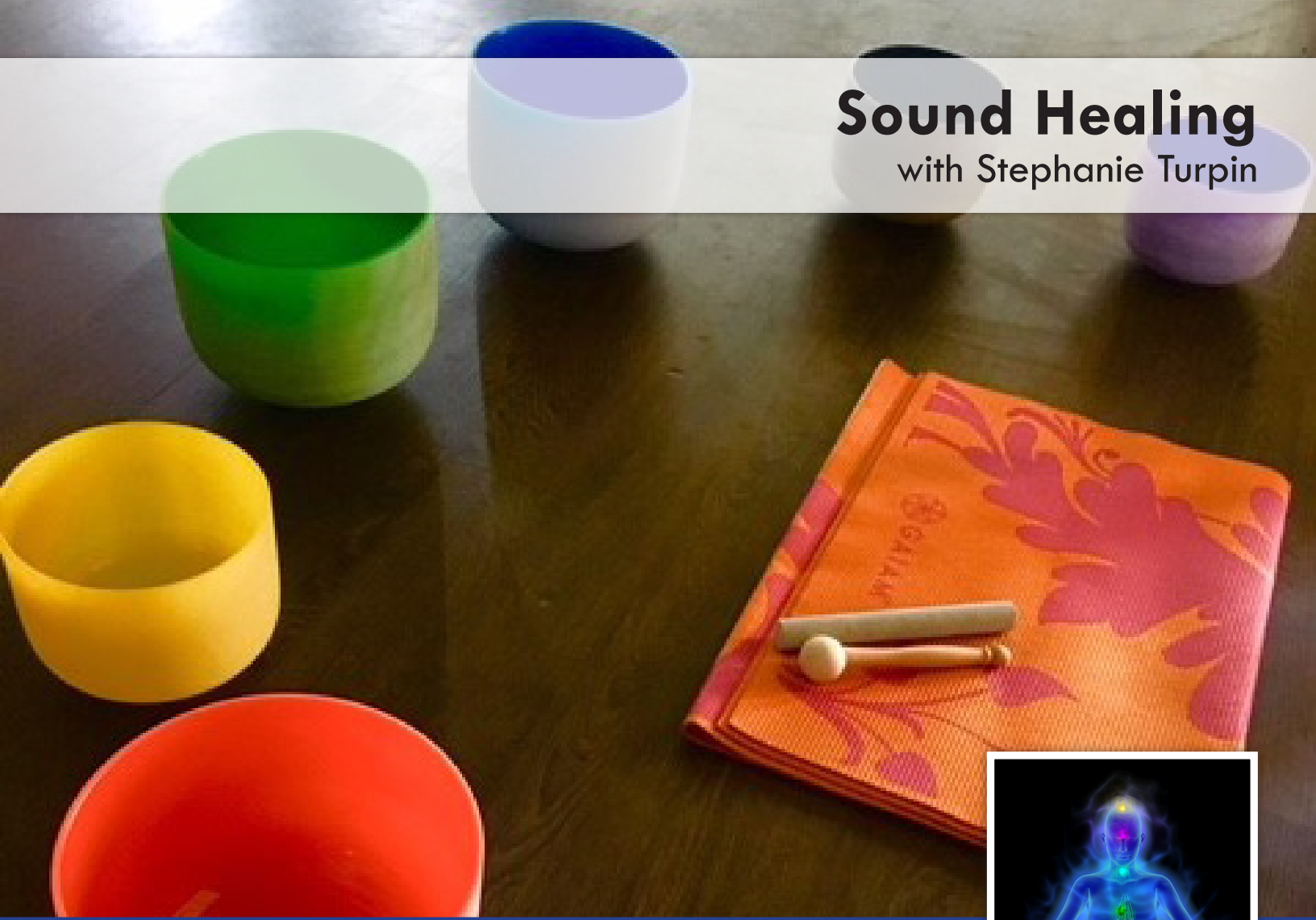


Sound Healing

with Stephanie Turpin



Every 3rd Tuesday and Thursday of each month
January – May 2019
Tuesdays at 6:30 PM | J Loft
Thursdays at 7:30 PM | Mind and Body Studio
Bryan Glazer Family JCC
Member: \$10 per class | Guest: \$15 per class

Join Stephanie for **Sound Healing** – a deeply transformative experience that focuses on balancing your energy centers, allowing you to feel more at peace, focused and connected to yourself and the world around you.

Let the enchanting vibrations of seven perfectly tuned crystal bowls stimulate under-active and calm over-active chakras, leaving you feeling refreshed and floating on a cloud!

Registration can be completed at the Front Desk or through our website.

To register, go to www.BryanGlazerFamilyJCC.com/Workshops

For more information, contact the Bryan Glazer Family JCC
Front Desk at 813.575.5900.



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