

# ACU-MEDITATION

## Healing & Rejuvenation



***A Guided Meditation with  
Tibetan Singing Bowls  
& Acupuncture***

***Release habitual patterns holding you back from fully experiencing life  
so you may mindfully connect with your purpose and higher expression of you.***

The Guided Meditation develops mindful awareness of who you are and where you are going.

Gentle Acupuncture helps you to fully relax and go deeper into the meditation.

Tibetan Singing Bowls resonate the experience into every cell of your body.