



*The Inner Chi Healing*

# 2015 MIND, BODY AWARENESS EXPO

**BRING HARMONY TO YOUR HOME** Learn natural healing and relaxation techniques that can reduce stress and improve the overall energy in your home.

**IMPROVE YOUR FAMILIES HEALTH** Discover tips and tricks for minimizing illness, reducing allergies, and improving concentration for yourself and your entire family.

**STRENGTHEN YOUR CONNECTIONS** Explore ways to connect with energy that's around you and use it in your everyday life.

*special guest*  
**The SOUND BATH**  
**EXPERIENCE**

Himalayan Metal Bowls, Crystal Singing Bowls, Flutes, Drums, Rattles, Songs, Chimes and Tingshas produce sound which invoke deep relaxation, naturally assist in Meditation, Stress Reduction and Holistic Healing.

7 PM | \$15 per person  
\$25 per couple  
\$40 per family



## COME AND LEARN MORE ABOUT:

Natural Health  
Improving Balance  
Mental and Physical Wellness  
Rhythmic Drumming  
Meditation  
Massage Therapy  
Relaxation Tips  
Singing Bowls  
Crystals, Stones & Jewelry  
Energy Healings  
Yoga  
Food and Drink Available

**Admission: \$2**

Children 12 & under- free

**Date:** Sept. 26, 2015

**Time:** 9 am to 6 pm

**Location:** Benson Grist Mill  
325 State Rd.138  
Stansbury Park

**INNERCHIHEALING.ORG**

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Mind Body Awareness Expo 2015