



Quiet Mind Heal-a- Thons

gentle, potent healing immersions
within a group setting

Saturday August 28th
& December 4th
2-5 pm

Berkeley Yoga Center
2121 Bonar St @ Addison Studio C

Heal-a-Thons...

- ...**harmonize** the brain, nervous system, and electromagnetic field with the vibrational medicine of **yoga and sacred sound**.
- ...**blend** Kundalini Meditation with the focused applications of **didgeridoo, tuning forks, gongs and bowls**, (may include therapeutic yoga, hands-on adjustments, and energy work).
- ...**shake loose** mental, emotional and physical pain, purifying pathways for the bliss of the Soul to emerge.

\$50 each workshop if registered 2 weeks before event; \$60 at the door
Each event is uniquely customized. Please preregister below and inform us of any special needs or conditions so that we can include that in our healing plan.

Name _____ Address/Zip _____

Phone _____ Email _____

Amount enclosed _____ **Mail checks to Quiet Mind**, 245 Lee St #206, Oakland CA 94610
Briefly describe your reasons for wanting to attend:

**Individual appointments and healing rituals can be scheduled directly
with Pritam Hari Yolanda and Elise Peoples**

quietmind.com

soundrivers.net