

## MEDITATION FOR YOUR HEALTH AT KALMBACH



Be part of our meditation series with Kathy Lockett, our certified instructor, at Kalmbach Park. Join us for a crystal bowl sound meditation August 12 and September 16 at 7:00pm. Discover the relaxing yet rejuvenating

effects of crystal singing bowls. Many experience a blissful state, cultivating balance and inner harmony. Bring a mat or blanket. We will meet in the barn community room.

Kathy's has been on a wellness journey for 20 years. Kathy is a Chopra Meditation Teacher and Coach. Her vision is to make a difference in people's lives. To help them discover everything they need already exists within them and to help them live a full and joyful life. Join us and learn more about crystal singing bowls in the Kalmbach barn. Sign up at [Kalmbachpark.com](http://Kalmbachpark.com)