

# Sound Healing Meditation

with Reiki Master Teacher, Mary Tardif

Join us when Mary Tardif of Sound & Reiki Arts visits the library! Mary will use crystal bowls and voice to bring patrons on a stress-reducing meditation journey.

The Community Room provides ample space for patrons to lie down. Please be sure to bring a yoga mat, blanket, or lounging chair. Regular chairs are available for those who prefer.

Mary has been a sound healing artist since 2007. Come enjoy a guided meditation journey, where we cleanse, clear, and heal our chakras, leaving behind all that no longer serves us.

\$10 suggested donation but all are welcome and encouraged to attend!

## Upcoming Dates for the year 2020:

**Third Tuesdays**

**at 7:00 pm**

**in the Community Room**

**January 21**

**February 18**

**March 17**

**April 21**

**May 19**

**June 16**



**Willington Public Library**

**7 Ruby Road, Willington, CT 06279 860-429-3854**

**[www.willingtonpubliclibrary.org](http://www.willingtonpubliclibrary.org), Facebook & Burbio**