

Tracking the Lunar Cycle



Lunar Tracking for the month of _____

Write a few words for each day to track how the cycle of the moon effects you.



WORK WITH LIZ

Reiki & Sound Therapy



Relax and release tension in your body and mind with vibrational and auditory sound therapy. Himalayan chakra tuned singing bowls are placed around and on your body to infuse your tissues with vibration and envelop your mind with gentle sounds. These metal bowls are softer in tone than the crystal singing bowls. Their tones are low and deep.

Sound therapy can help ease stress, anxiety, depression, sleep disorders, and physical pain.

[CLICK HERE TO BOOK](#)

CAROLINATHAIHEALINGARTS.COM