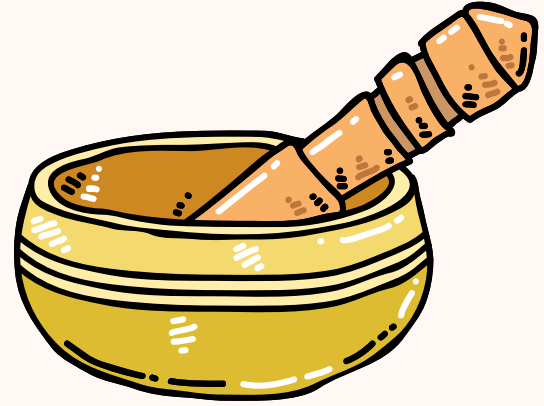


DUNEDIN PUBLIC LIBRARY PRESENTS

# HIMALAYAN SINGING BOWL MEDITATION EXPERIENCE



**Himalayan Singing Bowls are wonderful tools for meditation and relaxation that are useful for bringing peace and joy into one's life.**



Join Carol Cannon in learning the history behind the bowls and how they relate to healing and relaxation. A guided meditation will follow, accompanied by the Himalayan Singing bowls that will take you to a deep, beautiful place.

**Registration is required as space is limited.**

\*Patrons are free to bring their own mat, blanketbolster, or eye mask for extra comfort. Chairs will be available.\*

## Friday, September 29 at 2:00PM

DUNEDIN PUBLIC LIBRARY

223 Douglas Ave / 727-298-3080, x1707

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