

# Reiki-Infused Sound Bath Journey

A Restorative Evening of Sound, Reiki, and Quantum Healing

Date: Tuesday 19<sup>th</sup> August

Time: 7:00 PM – 8:30 PM (please arrive by 6:50 PM to meet your hosts and settle in)

Location: Lake House Art Centre, 37 Fred Thomas Drive, Takapuna.

Cost: \$30.00 plus booking fees

<https://soundjourneylakehousearts.eventbrite.co.nz>

Allow yourself to be immersed by the beautiful vibrations of the sound bowls, enhanced with the Reiki Energy.

Join Barb and Elisabeth – sound healer, Reiki practitioner/teacher, and certified EFT practitioners.

Together, these powerful modalities work in the promotion of:

- Dissolving stress and emotional tension
- Releasing energetic and emotional blocks
- Harmonising and restore your energy field
- Promoting relaxation at a deep level

The Reiki-Infused Sound Bath will include:

- Opening meditation
- Crystal singing bowls with Koshi chimes
- Reiki energy healing throughout the evening
- Guided Quantum Field Healing
- Optional sharing circle

What to bring:

- Whatever you need to be warm and comfortable
- Yoga mat and or blanket
- Pillow and/or bolster for head and under your knees
- Eye mask
- Water bottle
- An open heart and intention for healing and/or relaxation



*Barbara Starke*

Advanced Emotional Freedom Techniques  
Practitioner  
Matrix Reimprinting Practitioner  
Crystal Bowl Sound Bath Facilitator



*Elisabeth Lautenslager*

Master Reiki Practitioner & Trainer  
Emotional Freedom Techniques Practitioner  
Matrix Reimprinting Practitioner

