

Sacred Sound Journey with Mark and Roberta Maxwell

Saturday, November 30, 2019

7:30 p.m. – 9:00 p.m.

(arrive by 7:15 p.m. - bring yoga mat or blanket)

Interfaith Center for Spiritual Growth
704 Airport Blvd. Suite 1
Ann Arbor, MI 48108

Cost \$20.00

Mark and Roberta generously offer this event as a fundraiser for the Interfaith Center for Spiritual Growth.



“In a sound journey, the participants "submerged" in sound. In this gentle but powerful sonic submersion, your energies are harmonized, cleansed, and cleared. The vibrations of our bowls and other instruments move through the physical and mental bodies, creating a sense of ecstasy and well-being. Typically, participants sit with eyes shut in a meditative position, or lie down with pillows and blankets for maximum relaxation and comfort. During the sound journey, your body naturally "tunes in" and begins to resonate with the vibrations of the instruments, each sound creating a resonance with a different part of your body, mind, and soul.”

Mark and Roberta Maxwell are sound healers and the creators of the Sacred Sound Journey. Their goal is to uplift the spirit of humankind through sacred sound for the benefit of all sentient beings. They play Tibetan bowls, crystal bowls, gongs, flutes, didgeridoos, drums, chimes, and bells to facilitate the creation of a deeply healing energy field that surrounds you and fills you with positive vibrations. To learn more about Mark & Roberta and the sacred sound journey experience go to sacredsoundjourney.org.