



Music & Vibrational Sound is a POWERFUL Tool for Healing.

Transformation and healing can come by simply changing our vibrational frequency. The ancient practice of singing bowl sound therapy has been used for thousands of years by cultures world-wide.

Now we are offering YOU the chance to experience this beautifully relaxing therapy.

Relieve Anxiety

Reduce Pain

Promote Well-Being

Heal on a Physical, Emotional & Spiritual Level

Join Marian McNair at The Wellness Spa on **December 1st**

Sacred Sound in the Salt Spa

12:00 - 1:00 pm Cost: \$55

This one hour guided sound/salt spa session with Marian McNair is a unique experience for all participants. The salt spa's intimate setting allows each participant to enter deeply into the meditative state with the use of crystal bowls and voice that allows healing on a cellular level while breathing in the benefits of salt therapy. Limit 12 participants. Have a special gathering or celebration! Bring loved ones together into a healing space!

Vibrational Sound Healing with Crystal Bowls and Voice

2:00 - 4:00 pm Cost: \$40 Early Bird \$50 After November 20th

Join Marian McNair to deeply relax and feel calm and peaceful while she sings and tones with the sounds of crystal bowls and her own voice. This can be a transformational experience to help you focus on yourself or higher-self while feeling refreshed and renewed during the holiday busy season. Bring a yoga mat, blanket and pillow for comfort. Limit 30 participants.

Bundle Both Classes and Save! Both classes for \$85.00

Call Now to Reserve your place in one or both classes: 715-341-3333

\$25 non-refundable cancellation fee

About our Guest Speaker:

Marian McNair, MATC, MFA has worked with Sound and Vibrational Healing for over 20 years. She combines the fundamentals of her wellness presentations with her extensive teaching background in yoga, creative arts, drama and music and teaches throughout the Chicago area and the country. She has produced four cd's which she uses in her practice. Marian enables each participant to envision fulfilling their hopes and goals while erasing all roadblocks to these accomplishments in a peaceful, nurturing environment.