



Southeast Steuben County Library
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ssclibrary.org

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FOR IMMEDIATE RELEASE

TRY A CRYSTAL BOWL MEDITATION AT THE SSC LIBRARY

What happens to the body when the ears take in soothing sounds and the body is exposed to the vibrations of those sounds? Do the shoulders lower? Does the breath deepen and slow down. Do emotions level off?

Find out by joining us August 27 from 6:30-7:30 p.m. when yoga instructor Retha Cazel will hold a Crystal Bowl Meditation class at the Southeast Steuben County Library.

Cazel, who is the owner/operator of Yoga and More in Corning, NY, will demonstrate this form of sound therapy by ringing seven crystal bowls, the vibrations of which allow the occurrence of "Nada Yoga" or union of the body / mind through the sound vibration, according to her Website. Each crystal bowl has the sound frequency and vibration of a particular chakra or energy center in the body.

Participants should wear comfortable clothing. For more information or to sign up for the class, email wellsm@stls.org or call (607)936-3713 ext. 502.

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Programs made possible by the Friends of the Library
The library is handicapped accessible. If you require special accommodations, please call us in advance: (607) 936-3713.