

# Harmony & Balance

## Through Music and Sound

The Universe is sound, sound is the Universe. Everything moves and vibrates with it. Colors like sound, are vibrations which can dance together.



You are warmly invited on March 11 to a fun, exciting and participatory workshop on sound, toning and harmonizing yourself with others.



**Sarvamangala**

musician extraordinaire  
Reiki Master  
Intuitive Engineer  
Personal Life Coach Consultant  
Inspirational Leader

Ooo, Ahh and Delight your way through this fun filled, interactive afternoon!

### Location

Gossamer Woods  
2235 County Rd. #28  
Canandaigua, NY 14424

### Date & Time

March 11, 2012  
1-4 PM

Cost: \$25 or sliding fee scale

**For further information call 585-234-9143**