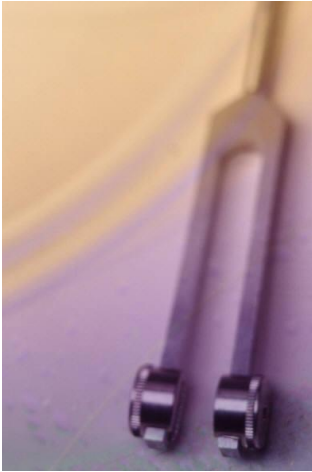


Harmonic Balancing and Relaxation Sessions

with Sound Healer Barry Goldstein



**Date: Thursday, March 18, 2010
& Friday, March 19, 2010**

Time: By appointment

Location:

**4689 West 20th Street, Unit D
Greeley, CO 80634**

**To schedule contact: Krista Lidiak
970-515-6160 or krista@ssyoga.com
More info: <http://ssyoga.com>**



Our bodies are like beautiful instruments. When properly tuned we create effortlessly, harmonize” with others and find ourselves “in rhythm” with everything! Envision yourself listening to a magnificent guitar. If one of the strings is even slightly out of tune, the instrument is not playing at optimal levels. That one string affects the overall sound or vibration of the whole instrument. Our bodies are very similar. Our main energy centers, referred to as Chakras, are like the strings of the guitar. Each Chakra vibrates at a different frequency and when attuned align themselves perfectly to create the flow of energy that assists our bodies in performing optimally. If one Chakra is out of tune, like the guitar, the whole instrument does not perform optimally and energy blockages may occur. These blockages can effect disharmony and manifest as dis-ease in any or all of our energy bodies known as the Physical, Emotional, Mental or Spiritual bodies.
All Sessions offered in person or via phone:

Stress Reduction and Relaxation Session-Experience the connection with your breath and release stresses that are held in your body! As you release stress you will increase the amount of energy you have to do the things you love! Barry will take you on a relaxing journey using his critically acclaimed music series “Ambiology” to reconnect you to the natural, relaxed rhythm of your heart! Leave with tools to manage your stress effectively! The perfect gift to yourself, and employee or a friend! One half hour session for **\$60.00**

Chakra Balancing Session-Using Chakra tuning forks, tones, toning and grace, Barry will realign and attune chakras to optimal levels and work with you to prevent future blocks in challenged areas. Barry will cleanse your Auric field using, Angelic and Tree of Life tuning forks, tones, toning vibration, and grace. He will also teach you how to replenish and protect your Auric Field!!! One-Hour Session for **\$99.00**

Releasing Emotional Armor Session-

There are times in our lives where we feel we need to protect ourselves from a challenge or situation that is occurring. After the situation or challenge passes we don't always realize we created this armor subconsciously. We wonder what is missing, what is holding our heart from experiencing love at its fullest in all areas of our life. Are you ready to shed this armor and embrace the brilliance of your heart's purpose; to give and receive love in perfect balance?

90-minute session also includes The Chakra Balancing Session! **\$149.50**

Auric Attunement and Activation- Are there lower vibrational energies in your auric field that are blocking you from bringing in new, vibrant energies into your life? We will identify these lower vibrational energies blocking you and release them. We will then create the intention for a new attunement and activation in your auric field! Maybe new passion, defining life purpose, leadership, kindness,...isn't it time for something new? 90 minute session also includes The Chakra Balancing Session **\$149.50**

Website: www.barrygoldsteinmusic.com