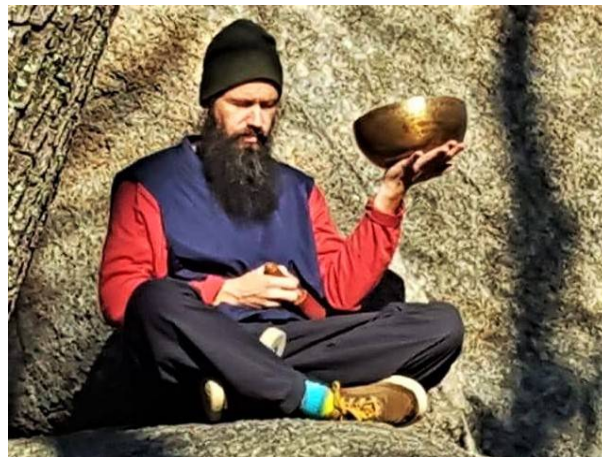


! Celebration Of Love 2019!

Greg Burns



Friday, February 8th 7pm

Vibrational Immersion into Sacred Inner Space Sound Bath

Greg Burns – Greg is a Sound Practitioner who offers deep experiences by creating various sounds/frequencies to help foster wellness and personal transformation. Using Tibetan Singing Bowls, Gong and other vibrational instruments he organizes group sessions that will help quiet the mind, relax the body and open the space for participants to connect with their own deeper aspects. Vibrational frequencies open the possibility for the individual to more easily reach meditative states, relieve pain and stress and foster personal changes, among other numerous benefits. 15 years in a therapeutic rehab setting gave Greg a unique and more broad understanding of healing and wellness. Greg resides in Allegheny County and is the owner of Metta Vibrations LLC, as well as percussionist for touring Kirtan band, Chakra Khan, and has regularly hosted community drumming circles. * If you have a favorite pillow or blanket and wish to bring it, please do so though these are also available at The Lodge.

Heartstone Retreat Lodge

1366 Stuartsburg Rd/SR 703, Buena Vista, VA only 4 miles from downtown Lexington

www.CelebrationOfLove2019.com 540.463.2593 Cost: Love Donation