



## SOUND HEALING

An ancient technique designed to stimulate the nervous system to deepen relaxation and relieve stress and anxiety. It will improve sleep, mental focus, increase energy, purify and stimulate your emotions thus promoting a sense of balance and clarity.

The sounds and vibrations generated will change brain wave patterns by creating a steady frequency. Through rhythm & frequency changes your mind will be uplifted, moved into a meditative and relaxed state, your chakras will balance, while simultaneously regulating your breathing.



Sarah Shalhoub  
Registered Yoga Instructor

### Who can attend this class?

- ✦ Men & Women
- ✦ All ages

THURSDAYS	6:00PM
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1 Pass	15KD
4 Passes	55KD
6 Passes	75KD
8 Passes	85KD

Reserve your class  
**95502801**

For more information  
visit our website

[www.fshnkuwait.org](http://www.fshnkuwait.org)



**Click here to find us** Sabah Al Salem, Block 1, Street 132, Fawsec Campus