



Take a break from the fatigue, overwhelm and busyness of your stressful life with Jalima through Guided Meditation with Vibrational Sound Healing.

Join us for a **Chakra Balancing Meditation with Alchemy Crystal Singing Bowls**. The vibrational frequencies of each crystal bowl will assist you in clearing and balancing your Chakras, also known as Energy Centers. You will feel relaxed, energized and transformed.

This meditation clears and aligns your energetic centers/chakras and meridians. Vibrational Sound Healing aids in quieting the mind of chatter and induces a deeper state of relaxation and meditation. You will feel relaxed, rejuvenated and gain a greater sense of your individual connection to your inner knowing and spirituality.

*Fridays* 7:00 - 8:30 pm

**March 8**  
**May 3**

\$35 before March 18 and April 28  
\$45 after

Class size is limited and advance registration is required.  
Visit <http://www.beverlyyogacenter.com> to register.



Jalima Cuesta is a Licensed Massage Therapist, Reiki Master Teacher and Vibrational Sound Practitioner. She spent most of her early years in Corporate America, was married and had three lovely children. Then, unexpectedly, her father died that sent her on a path of self discovery to a life that felt like a truer reflection of herself. Through this process she discovered sound healing, massage and an innate love; creating a complete shift in consciousness. Jalima is passionate about playing the crystal bowls and guiding others to reach a deeper connection with their Higher Self.



*Beverly Yoga Center*

1917 W. 103rd Street, 2nd Floor | 773-239-9642  
[www.beverlyyogacenter.com](http://www.beverlyyogacenter.com)

*May the practice of yoga and meditation cultivate kindness,  
compassion and care for your mind, body and heart.*