

THE
**GREAT
AWAKENING**
CONFERENCE

Sound Medicine

“do nothing, take nothing, just be present”

with Terez Laforge

The sound of the crystal bowls impacts the body well beyond the ears. It is a full body experience. Crystal bowl sound baths can support stress reduction, emotional balance, and energetic reset. The experience requires no effort from participants—simply resting and allowing the sound to move through the space. Let the sound guide you into stillness and inner awareness. ✨

About Terez



Terez is a life long learner, and an optimist and a student of sound as a healing medium.

She came to bowls in 1992 with a chance encounter with visiting crystal bowl presenters in Kamloops.

Musical frequencies as medicine proliferates these days as we have finer tools to measure healthy bodies and then provide that frequency for renewed health.

She presents workshops and sound baths all over Western Canada & is thrilled to come back to a Questers conference.

Website: www.crystalbowls.ca

Facebook: www.facebook.com/therese.laforge.1/

YouTube: www.youtube.com/channel/UCZ8ol_BJB5EZxZL87jW3hwA