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13 HANDS / NOMADYOGA Sound Healing Series Hosted by Starseed Yoga Center for Healing

**CRYSTAL BOWL MEDITATION TRAINING
August 25th and 26th**

2:30 – 5:30 pm each day.

Join Dalien, aka 13 HANDS, E-RYT 500 instructor, Grammy nominee and Sound / Holistic Healer for PTSD/Trauma as he provides an in-depth training program on how to effectively use facilitate Quartz Crystal Bowl Meditation. This training module will give the participant an understanding of how the bowls work, why they are effective, how to play them correctly and how to use them as a compliment in yoga, meditation and therapeutic work. The main chakra, emotional and organ relationships will be discussed as to develop the deeper insights and sensitivity in order to facilitate these bowls correctly and with integrity.

It is a very experiential workshop and there will be some gentle chakra yoga at various points in the training.....for mind/body integration of the information.....and uh, to basically wake you up from this blissful weekend experience.... AND he can't let you drive home in a state of Pink Floydian, shamanic, la-la land.



Workshop is limited to 20 people

No Musical background necessary, but love of music and interest in sound healing application is wonderful. If you already have a bowl/s, then that's awesome!.... but FYI, there's no need to bring them to this workshop.

- **Licensed Therapists can use this workshop toward credit of the 13 HANDS HEARTT Protocols, holistic trauma healing training module in the future (if you take it)**
- **CEC for Yoga Teachers (Daniel is E-RYT 500 status with Yoga Alliance)**

Advance Pre-Registration by Aug. 1st 2012

\$200

Pre-Registration by Aug. 24th 2012

\$225

Walk -in / Weekend Of Aug. 25th- 26th

\$250

TO RESERVE YOUR SPOT.....

STARSEED CENTER FOR YOGA AND WELLNESS

CENTER HAS MOVED TO VERONA

WEBSITE: STARSEEDYOGA.COM

CALL 973.783.1036 or

EMAIL: info2@starseedyoga.com

******Add Ons******

Crystal Bowl Opt-In:

If interested in owning your own crystal bowl, then drop Dalien a line at 13hands1@nac.net to discuss details....plan is to do a discounted group order pending enough interest.

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About the presenter:

DALIEN, aka 13 HANDS is an E-RYT 500 yoga instructor, shamanic, world and contemporary music/sound healer walking in various music and holistic healing worlds for over 20 years. On the yoga front, he's presented at national conferences alongside other noted teachers such as, **Seane Corn, Amy Ippoliti, Desiree Rumbaugh**, to name a few. Having studied with various master teachers of yoga, shamanism, sound healing and martial arts along with healing himself from a series of life threatening, health challenges such as Crohns, Colitis and much more, Dalien brings a fun, humbled and informative perspective to holistic health education, yoga and shamanic sound healing. Specifically in yoga and sound therapy, he's been very successful in helping others on their healing path and has been providing programming in hospitals, HIV/terminally ill centers, psychiatric hospitals, sub-acute care for the elderly, drug and alcohol rehabilitation, cancer support programs and for trauma/posttraumatic stress disorder for over 15 years.

Musically and sonically speaking, he's a Grammy nominee, plays over 20 instruments from the world, contemporary and healing arenas, has developed a proven, integrative mind/body/spirit, yoga and sound healing set of protocols for the treatment of depression, anxiety and PTSD. He's been blessed to share stage with diverse artists and spiritual sound healing/kirtan artists such as **Ani Di Franco, Run DMC to Krishna Das, Shyamdas, Dave Stringer, WAH! and Laurie Anderson**. **LEARN MORE AT WWW.13HANDS.COM**

13 HANDS / NOMADYOGA • 973-783-9642 • 13HANDS1@NAC.NET • WWW.13HANDS.COM