

# Spring Sound Healing Meditation

using Crystal Bowls and Crystal Singing Pyramid  
with Rica Potenz



Sunday  
April 12th  
2-4 pm

@ Yoga from the Heart  
848 S. Denton Tap Rd., #250

Coppell, TX 75019

Investment: \$25  
sign up and pay at  
[yogafromthehearttx.com](http://yogafromthehearttx.com)

*Prepare yourself for all the growth that spring brings. Open, clear and cleanse all your energy centers, and your entire energetic field! It's time for spring cleaning!*

Everything in the universe is in a state of vibration and resonates at a particular frequency - including our physical and etheric bodies. When part of our body is vibrating non-harmoniously, our whole being is affected and we can become out of balance, which can eventually lead to dis-ease.

For this healing meditation, Rica will use her crystal singing pyramid and a set of 7 pure quartz crystal bowls, attuned to each of the major energy centers or chakras. The bowls resonate with a powerful, pure vibration, and can restore balance and harmony to those centers as well as the entire auric field and physical body. Rica will lead you on a journey through your chakras, using the bowls and visualization to help clear and cleanse what needs to be released and restore you to a high vibrational, harmonious, pristine state of being. This should be a deeply relaxing experience, yet leave you feeling cleansed and energized. You can experience the meditation either sitting or lying down, so bring props as needed for your comfort, such as a yoga mat, blankets, pillows, etc.

#### About Rica:

Rica Potenz is a licensed Massage Therapist, Reiki Master, musician and yoga instructor, and her practice includes many types of massage, CranioSacral Therapy, Lymphatic Drainage Therapy, Neuro Integration, ThetaHealing™, Reiki, Jin Shin Jyutsu, Dream Interpretation, as well as Sound Therapy using tuning forks and crystal bowls. She has been a practicing yogini for the past 16 years. Her desire is to integrate body, mind and spirit and assist others on their self-healing journey. Her healing studio is in Lewisville and she can be reached at [potenzr@gmail.com](mailto:potenzr@gmail.com) or 972-333-4488. Website: [ricapotenz.com](http://ricapotenz.com)