

Aum Meditations

When experienced meditators engage in chanting or toning meditations, neurological imaging has shown changes in blood flow to the brain in addition to positive emotional effects and other biological markers of increased well-being.

Join science-based, Mindfulness Facilitator and sound expert, Genie Johnson for 30 min, bi-weekly chant meditations and see how genuine, authentic, vocal expression has the power to increase your mood and so much more.

1st & 3rd Thursdays
Beginning Jan 16th
12:00 noon – 12:30pm

CSL Dallas
4801 Spring Valley Rd #115
Dallas, TX 75244
In the Meditation Chapel



Each class includes light stretching as participants arrive prior to a Noon start, opens with general guidance, followed by 20 minutes of Aum-ing and concludes with Silence. Live online and in person and a perfect chance to join a beginning chant circle.

*A Facebook Live session!

<https://www.facebook.com/thesoundmasseuse/>

Your Facilitator:

Genie Johnson – *The Sound Masseuse*, uses her Sound Healing certification, background as a licensed Spiritual Coach, and training and experience as a Mindfulness Facilitator, to bring you offerings of depth, that help you center and align with the larger, vibrant, vibrational wholeness of life.



www.csldallas.org