

Crystal Bowl Meditative Experience

Meditation exploration and
practice

with Ronald Hays



Sunday, February 21, 2010
Sunday, March 21, 2010
Sunday April 18, 2010
5:00PM
\$15

Generations Yoga & Fitness
at Rubin Health Center
1500 Dr. MLK Jr. Street North
St. Petersburg, Florida 33704
727-688-9597

<http://www.generationsyoga.com>

Mats and bolsters will be available, but
please feel free to bring additional
pillows and blankets to ensure your
comfort during the event.

"Meditation occurs when you give your mind the task rather than your mind being the taskmaster. This can happen when gardening, OMing, reading, jogging, knitting, writing, singing, drawing, cooking or event staring at the ceiling fan."

Join Ronald Hays for this ongoing meditative EXPERIENCE; an amazing journey for the Soul, Mind and Body. While you will be encouraged to recline and enjoy the Bowls, you will also be challenged to go beneath the chatter of your mind. With a mixture of analogy, humor, experimentation and practical application you will expand your awareness of self, others and the greater whole. No matter where you consider yourself to be in terms of a meditative practice --- from novice to avid practitioner -- Ron's ongoing series of Crystal Bowl Meditative Experiences will offer you a unique way to form your meditation practice or expound on your existing practice. Come for the experience and take with you the awareness and powerful tools needed to continue the journey in your daily lives.

For those who have never experienced the "Bowls", be prepared for a journey like no other you have taken. For those of you who are familiar with the Bowls, Ron's combination of both traditional and percussive playing styles and use of a Freenotes Scale will be a unique experience for you as well. Recline and experience the Bowls' amazing ability to quiet your mind, relax your body and soothe your Soul.



We are amazingly powerful, divine beings. The two greatest gifts we have been given are the ability to consciously create our reality and choice. When we use these to gifts from a state of awareness, we come to know and experience our divine limitlessness. In order to do this we must quiet our minds enough to experience what is beneath the chatter. A quiet mind is not necessarily a blank mind but rather one that has been given a task rather than being the giver of the task

Ron is a motivational speaker, international recording artist and author. He has combined practices, concepts and experiences from many spiritual traditions and teachings. His music, Crystal Bowl Events and soon to be published book, Do You Believe, are all created with the intent of helping others to raise their consciousness and to make positive change in their own lives, their community and the world. Ron is available for public and private events as well as individual meditative sessions. Visit Ron's website www.theglobalpage.com.
Or call 727-537-6058 for more information. © 2010 Ronald Hays

