



Crystal Bowl Sound Healing

A peaceful monthly sound journey for relaxation, grounding, and renewal

Second Sunday of Every Month

Beginning August 9

1:30 PM – 2:30 PM

With Laurie Reisman, LCSW

Contemplative Practitioner • Kohenet Hebrew Priestess • Sound Healer



Laurie weaves together trauma-sensitive presence, East Asian energetic traditions, and sacred ritual care. She has offered crystal bowl sound journeys since 2017 in spiritual communities, memorials, and healing gatherings. Her work invites participants into stillness, compassion, and vibrational renewal.

An Invitation to Stillness

These sound healing sessions invites participants into a peaceful, meditative space supported by the vibrational tones of crystal singing bowls. Through intentional sound, breath, and quiet presence, the experience encourages deep relaxation, emotional grounding, and spiritual renewal. Rooted in contemplative practice and compassionate care, these sessions offer a gentle opportunity to release stress, reconnect with inner calm, and open to healing in body, mind, and spirit.

**BRING A YOGA MAT, PILLOWS AND A BLANKET
ALL ARE WELCOME. NO PRIOR EXPERIENCE NEEDED**

FREE – LOVE OFFERINGS GREATLY APPRECIATED

**Unity of Gainesville, Florida
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