



Singing Bowls with Bill Noren

Crystal Singing Bowls were always a hit at NCB, and have been sadly missed since Sandee Conroy moved away. Now they are coming back to the North County Branch Library. Bill Noren says "I became fascinated with their sound 5 or 6 years ago when I heard Sandee Conroy doing them at the Library. I was immediately drawn in by the beautiful, ethereal sound and by the wonderful vibrations they produced. I noticed that I always felt good after a session. Being a musician I was attracted to their sound, so I bought myself a bowl and practiced and learned about how the individual tones affect each chakra. "I eventually purchase a set of 7 bowls (one for each chakra) and began playing them for local yoga classes. They were an immediate hit. People are amazed by the beauty and power of the tones and vibrations."

Bill will talk briefly about the bowls and how each one is said to be tuned to, and can stimulate, a specific chakra in the body. "The bottom line" Bill says, "is the tones are beautiful and soothing. It's a fantastic way to unwind from a stressful day." It is suggested that you wear loose clothing, and to bring a blanket or mat.

Thursday, November 9 at 7:00 pm
at the North County Branch Library
65 Halstead Street, Clinton, NJ

This program is FREE and open to the public.

Due to the popularity of our programs, we recommend reserving a seat.

Please call (908) 730-6135 or click on the Calendar of Events at www.hclibrary.us

Reservations are necessary in the event the program is cancelled. Vacant seats will be released 5 minutes prior to the start of the program.

It is the policy of the Hunterdon County Library to provide reasonable accommodations for persons with disabilities with advance notification of need.

Please call (908) 788-1434. 10/17