


Sound Meditation Experience



**Monday,
September 16, 2019
12:30pm – 1:30pm**

**Come and experience the healing
sounds of crystal singing bowls.**

**Hillary Jaynes, L.Ac., will lead you through a
sound mediation experience while she plays
crystal singing bowls and uses vocal toning.**

**All clients are welcome. Space is limited.
Registration is required.**

**Location:
Cancer CAREpoint Resource
Center
2505 Samaritan Drive,
Bldg 400, Ste 402,
San Jose, CA 95124**



**Space is limited and advance registration is required. Please register online or
call Cancer CAREpoint at: 408.402.6611 or email: info@cancercarepoint.org.**



Facilitator Bio: Hillary Jaynes

Hillary has profound trust in the innate ability of the human being to transform. A music lover and songbird since childhood, singing was what she did to feel better, and it always brought catharsis. After becoming an acupuncturist Hillary began looking for a way to marry her love of music with acupuncture. In 2013 Hillary began studying with veteran Acupuncturist Katie Mink, and she began incorporating the use of tuning forks in her acupuncture practice. She found the tuning forks to be a great adjunct, helping to relieve depression, stress and anxiety, as well as pain. Now she incorporates tuning forks, crystal singing bowls and her voice into acupuncture treatments. Hillary has profound trust in the innate ability of the human being to transform. She now leads group acupuncture sessions and sound meditations using crystal singing bowls and other instruments.