



Singing Bowls with Bill Noren

Crystal Singing Bowls were always a hit at NCB, and were sadly missed when Sandee Conroy moved away. Luckily, Bill Noren has brought them back!

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 should you choose to lay on the floor. Seating is limited, and this program tends to fill, so be sure to reserve a space!

**Thursday, October 25 at 7:00 pm
at the North County Branch Library**

65 Halstead Street, Clinton

This program is FREE and open to the public.

Due to the popularity of our programs, we recommend reserving a seat
Please sign up using our new Events Calendar at www.hclibrary.us or call (908) 730-6135

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

The North County Branch is accessible to the handicapped. It is the policy of the Hunterdon County Library to provide reasonable accommodations to persons with disabilities with advance notice of need. Please call (908) 788-1434. Without advance notice, it may not be possible to provide accommodations. HCL, 9/18