

Saturday July 12th

7:00pm

The Stroud's Home
Directions on Back

*** RSVP Requested**

Seating limited to 20

To reserve or for
more info please email
cindy@onewhowakes.org



Cindy Stroud

Join us for a Sound & Synergy Tibetan Singing Bowl Event:

Chakra Meditation





Cindy Stroud knew something extraordinary had happened the first time she experienced the singing of a Tibetan bowl. More than just sound, she sensed it with her whole body and mind. It is now her joy to share this transformative mystery with others through concerts and personal sound healing sessions.

Directions to John Mark & Cindy Stroud's home in Erwin:

28 Foster Estates Dr. Asheville, NC 28806

**From Patton Ave in West Asheville, turn onto Hwy 63/
New Leicester Hwy.** *(This is the intersection with the Ingles, Alan's Jewelry & Pawn is across the street)*

**Go 3.0 Miles on Hwy 63/New Leicester Hwy to the
intersection with Mt. Carmel Road.** *(This is at the stop light with Ingles, Walgreens & First Citizens Bank)*

**Turn right on Mt. Carmel Road and proceed 1.6 miles to
2nd traffic stop light where Mt. Carmel intersects with
Old Leicester Highway.** *(There is a BP station at this intersection)*

**Turn left on Old Leicester go .2 miles and take the first
left onto Foster Estates Drive.**

**We're the 3rd house/driveway on the right. We have a
white mailbox with #28 in brass numbers.**

**Home phone is 252-7138, John Mark's Cell 242-4740,
Cindy's Cell 242-4746**



One Who Wakes™

www.OneWhoWakes.org