

Mark Stevens has been a practitioner of Himalayan Singing Bowls for a number of years. His background includes a Bachelor's Degree in History from George Mason University where he studied Asian History and Religion. His personal journeys include the study of Tai Chi and Burmese Martial Arts where he learned about peaceful practice and breathing meditations. He credits his beautiful wife, Shelly Jensen, a gifted empath herself, with introducing him to Himalayan Singing Bowls and New Age philosophies. Their combined studies in crystals, healing modalities, and sound therapy have brought them much peace and insight. Professionally, Mark is an experienced Human Resources professional and has spent many years helping others manage through difficult personal and professional situations, helping others find peace and comfort through being centered in the present moment. Mark is available to conduct Guided Singing Bowl Meditations, Concerts, and Individual Singing Bowl Therapy.

- Individual Sound Therapy (\$70/session)
- Guided Meditations (\$50 for two individuals, +\$10 per additional person; maximum six (6) people)
- Concerts (price to be determined upon request)

Mark is available by appointment only. He can be reached at (949) 798-9819; text or call. Sessions are conducted at the Crystals Enlight Healing Center at 140 Hansen Street, Suite 4 (in the U&B Building) in downtown Twin Falls (just a few short steps from the Crystals Enlight store). Sessions and Concerts may also be scheduled off-site as desired.