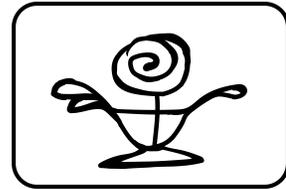


The events are partially funded by the Virginia Commission for the Arts, the National Endowment for the Arts, and the Virginia Humanities.



*fellowship of the sip*  
restaurant and tea house



### **festival organizer**

*Arts & Hearts Association (AHA)*  
33 S Loudoun St, Winchester, VA 22601  
www.arts-and-hearts.org | (540) 845-3543  
artsandheartsassociation@gmail.com

All events are free of charge and open to public.

## *Winchester Arts & Music Festival* *Arts & Hearts Association*



### *Harmony Works*

*Kimberly Moon & Nicholas  
Tomaskovic-Devey*

*crystal singing bowl concert & toning workshop*

*Friday, September 20th, 2019*

*3.00pm-4.15pm*

*Robinson Auditorium at the Handley Regional Library  
100 West Piccadilly Street, Winchester VA*



*Kimberly Moon*  
RMT, YT-200, PMTC is a  
Vocalist, Reiki Master  
Teacher, MESA Carrier,  
Yoga/Meditation Teacher and  
Shamanic Sound Celebrant  
whom enjoys inspiring  
community through uniquely  
created "Sound xperiences."  
As a young child, her  
connection to and experiences  
with sound and "the other  
realms" lead her to deeper

studies, where she graduated in 2009 from Shenandoah  
Conservatory and American University in Cairo, further  
developing her intuitive approach to wellness and  
forming her lifelong mission to nourish harmony of  
mind and nature, one frequency and being at a time.  
Her array of offerings poetically web science, art and  
spirituality into a tapestry of mindfulness explorations,  
encouraging individuals to discover themselves as their  
own guardians of care and instruments of peace.

*Nicholas Tomaskovic-Devey* MAOM, L.Ac, is an  
acupuncturist, meditation and Yoga Teacher and  
resonant sound healer working, living, and loving in  
Baltimore Maryland. Pure Vibrational medicine  
beckons to him as a sacred and secular force. He hopes  
to offer and create spaces for people to feel free and  
comfortable to form inner and outer Harmonies,  
bringing healing and insight into the everyday  
experience.

*The power of Intentional Sound and Silence* has the  
ability to activate our core harmony, balance the cycles  
of give-and-take, align us with our true purpose and is  
proven to reduce stress, stimulate glandular health,  
nourish the nervous system and facilitate healing  
movement amongst any density of our emotional,  
physiological and spiritual being.

*In this "Harmony Work,"* we will tune in with inspiring  
self-care and self-cultivation techniques to connect our  
head to our heart, inviting the temple of our bodies, the  
power of our breath, the sound of our voices and the  
circle of community to unite and generate balance,  
awareness, lightness, resonance, and Harmony in the  
orchestra of our lives.

*Be bathed in a healing sound bath of vibrations*  
emanating from Crystal Singing Bowls, World  
instruments, Heart-Drum and Transdimensional Voice,  
where the body can receive, the heart can restore, the  
mind can relax and the soul can sing along.

*Kimberly and Nicholas met in early 2017, where they*  
knew immediately they were meant to do great things  
together through power of sound. *Their passion for*  
wellness, community, nature and being of service in the  
world through inspiration, curiosity and connection is a  
guiding force in their offerings and their love. They are  
happiest when toning together, nourishing in nature,  
and enjoy sharing heart space through artful living and  
devotion to a life of discovery and continuous balance  
through harmony.