

Sacred Sound Bath & Yin Yoga



With
Cassiopeia Skyfish
& Tiffany Jade



Schedule

Tuesday, January 24th

Wednesday, February 1st

Monday, March 20th

Tuesday, April 18th

7:30pm–8:30pm

Located in Studio 1

Fee: \$35 at sign up.

Guests welcome, guest fees apply.

Take the time to slow down & tune in.

The 60 minute Yin Yoga & Sound Healing practice will work deeply into your body while live Sound Healing will send you into a state of deep relaxation like a full-body sound massage.

The 60 minute Yin Yoga & Sound healing practice will work deeply into your body while live Sound Healing Yin Yoga calms the mind and nervous system. The postures stimulate the energetic systems. The longer, mindful holds of postures practiced in periods of stillness is the perfect pairing for a sound healing journey. The healing sounds of gong & crystal singing bowls will soothe you, raise your level of consciousness and carry you deeper into your practice. By combining these two modalities, you will enjoy the opportunity to turn inward, focus on breath and inner stillness while allowing the waves of sound to wash over you, harmonizing body, mind and spirit.

**SIGN UP AT THE
SERVICE DESK**

707.528.2582

**FOR MORE INFORMATION,
CONTACT SHELLEY MOGEL**

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