

Star Seed Intention Manifestation

A Powerful Immersion of Sound Healing,
Gentle Yoga, Meditation, And Art In Action

Presented by Michelle Gerlach & Yvonne Clark

Saturday, November 21

1:30-4:00PM

\$99 per person (\$111 door)

Join Master-Level Art Instructor & Intuitive Medium Michelle Gerlach and Certified Yoga Therapist (C-IAYT) & Vibroacoustic Sound Healer Yvonne Clark for a full immersion of techniques designed to release, ground, rewire and inspire on multiple physical and emotional levels to help you boldly step into a new chapter with greater clarity and purpose. Star Seed is an intention manifestation immersion using Crystal Bowls Sound Healing Frequency, Gentle Yoga, Yoga Nidra Guided Meditation and Creative Art Making to ignite clarity and reconnect with your intuitive wisdom.

This well-rounded immersion layers multiple healing modalities in a unique way to ignite deep, positive transformation:

- Gentle Yoga and Yoga Nidra Guided Meditation are practices known for releasing layers of physical, mental and emotional stress. Yoga Nidra guides individuals into a deeply restorative state where the nervous system softens, the subconscious becomes receptive and intention can take root.
- Through Sound Healing, Breathwork and Guided Relaxation, old patterns begin to dissolve on even deeper subconscious levels.
- The creative art then helps translate insights into a tangible expression, making it easier to manifest goals and dreams aligned with your greatest good.

Throughout the immersion participants will:

- Create a mandala as a symbolic container for intention
- Enjoy extremely gentle and therapeutic Yin Yoga and Yoga Nidra guided meditation
- Experience sound healing frequency and participate in a releasing energy cleanse
- Create a personal art piece that embodies your breakthrough
- Journal to integrate insights and anchor new awareness

No prior yoga, mediation or art experience necessary - beginners and all practitioners are welcome! Bring your Yoga mat, notebook/pen. All art supplies, props and other necessary materials will be provided for use.

Yoga instructors: Earn Yoga Alliance Continuing Education Credits by attending this workshop

Pre-register: <https://www.updogyoga.com/workshops/rochester-workshops>



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