

Open Your Heart Sound Healing & Cacao Ceremony

with Nina Swati

Friday, November 16

7:30PM-9:00PM

\$25 per person (\$30 door)

Just as you can practice heart opening in your thoughts and emotions, you can also experience opening the heart space in your physical body. Come Immerse yourself in the symphonic, soothing sounds as we open the heart with Cacao, Crystal Singing Bowls, Handpans, Gongs, Swinging Chimes, Guitar, Wind Chimes and Song by Nina Ma Swati.

Listening to percussive instruments helps the listener achieve a meditative state to reduce stress. Restorative yoga poses help us learn to relax and rest deeply and completely which benefits all organ systems within the body. Postures are deeply supported by blankets, blocks and other props to help you achieve a comfortable state of pure relaxation in each pose for several minutes at a time.

The combination of melodic sound and restorative yoga creates an ultra-sensory experience that gives us pause to linger in the moment and connect more deeply with our heart space to heal mind, body and spirit in a profound way.

Cacao feeds the body, the Spirit and The Soul. The ceremonies of cacao are soft invitations to reconnect to our sacred nature of increased self awareness, expansion and healing. You will be guided into a deep meditative journey to meet and listen to your inner wisdom while facilitating a process of transmutation and healing.

Experience the bliss of surrender and completely letting go as you settle into a place of stillness, leaving us feeling nourished and well rested.

Pre-register online: <https://www.updogyoga.com/workshops/workshops-sterling-heights>



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