

Special Engagement, One Night Only

Sound Bath Immersion

Sacred Meditation & Healing Event



Friday, April 10

7:30-9:30PM

\$35 per person (\$40 door)

A Magical Evening of Immersive Music & Meditation with East Coast Healer, Christopher Gebiya

Join Christopher and Rachel for an evening of Spiritual Vibrational Resonant Healing through a Full Sound Bath! Imagine being immersed in beautiful sounds that are healing to your body, mind and soul, allowing you to find natural balance while creating space for insights.

Multiple instruments will be played, such as Sacred Gongs, Quartz Crystal Bowls, Acoustic Guitar, Native American Flutes, Harmonium and Handpan to create waves of peace, heightened awareness, and relaxation of the mind, body and spirit. Each instrument creates a unique frequency and vibration, creating inner shifts to encourage healing on a deep level and a sense of coming home to oneself.

Physical injuries can be healed and emotional blocks opened. Sound Baths can help facilitate a shift in your brainwave state, from Beta (waking consciousness), to Alpha (relaxed consciousness), Theta (meditative state) and even Delta state (where internal healing can occur). Join us in this unforgettable sound experience of deep relaxation, rejuvenation and inward journey.

Christopher Gebiya is a well-known speaker, musician, sound engineer and healer who performs workshops, lectures, meditations, drumming and sound healing events throughout the Eastern United States. We are pleased to have Christopher and Rachel join us at UpDog Yoga for this one-night only event!



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



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