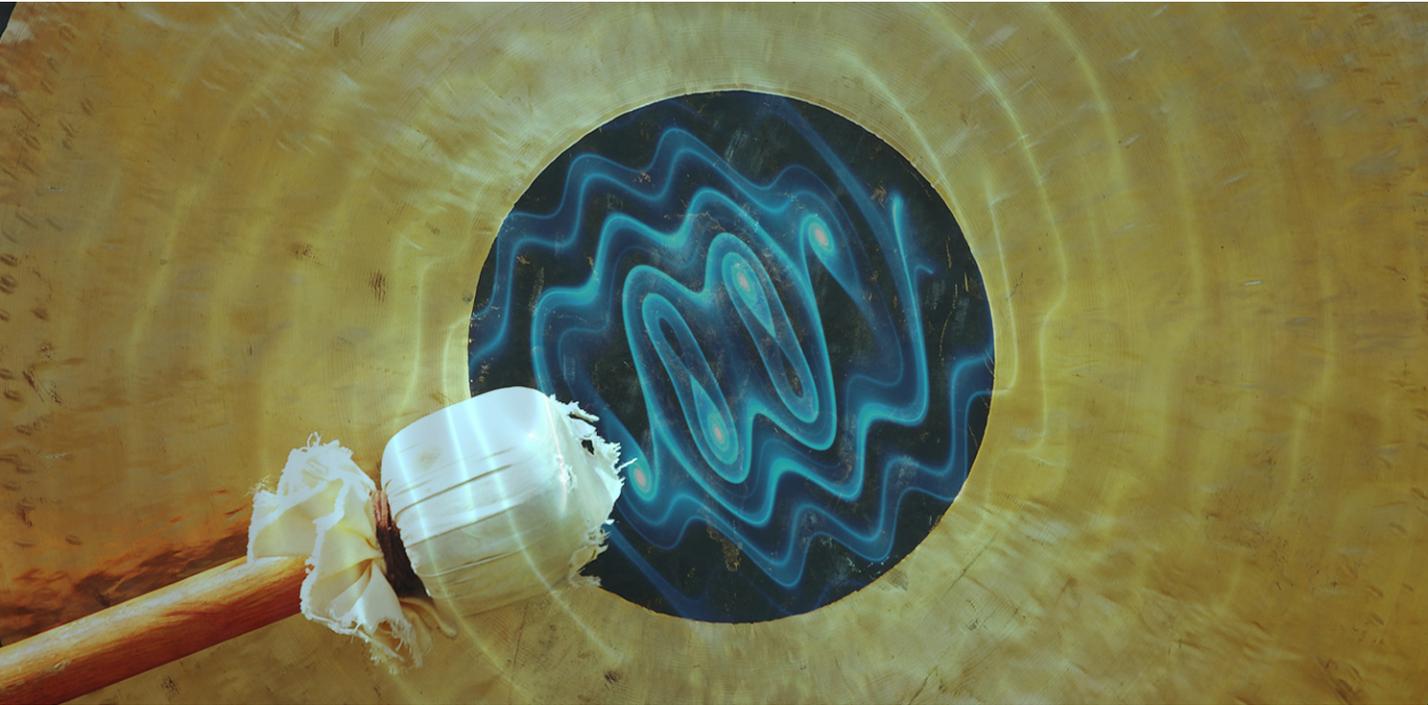


# Yoga & Sound

Presented by Certified Yoga Therapist Tracy Flynn (C-IAYT)



**Friday, October 20**

**7:30-9:00PM**

**\$30 per person (\$35 door)**

Sound penetrates our bodies, minds and hearts in profound ways. Our voices can be the source of healing and transformation, and the sounds we make can have different effects.

In this workshop we explore Movement with Sound Vocalization, including: different pitches, vowel sounds, bija mantras, and an ancient chant.

Then we keep the vibrations flowing in *śavasana* (final relaxation) with a Gong Sound Bath, which creates sustained waves of healing sound for a deep meditation and relaxation.

Some prior yoga experience is recommended for this all-levels workshop.



**Yoga Instructors: Earn Yoga Alliance Continuing Education Credits by attending this workshop**

*Tracy has been practicing Yoga (which includes asana, pranayama, chanting and meditation) for over 30 years. She holds the highest certifications as a yoga instructor and internationally certified yoga therapist (ERYT 500, C-IAYT). She provides individual yoga therapy sessions at UpDog Yoga, where she helps people improve wellness by reducing structural imbalances, balancing moods and managing chronic illnesses.*



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