Yoga Therapy & Sound Healing For
Energetic Cleansing & Awakening

Join Certified Yoga Therapist (C-IAYT) and Vibroacoustic Sound Healer Yvonne Clark for a Gentle Yoga class focused on a specific sequence of therapeutic Yoga poses, combined with crystal sound healing bowls tuned to individual chakras, to clear out the body both physically and energetically and re-align to our natural well being.

Our bodies are naturally healthy, and we are connected to a source of infinite energy and feelings of wellness and strength. In this deeply therapeutic workshop, we will learn how to clear out the physical, mental, emotional and energy body of tension, stress and toxins to heal and rejuvenate to our balanced state.

This mindful Yoga therapy approach focuses on six key movements of the spine, using gentle yoga poses and stretching linked with breath to eliminate blockages and release any harmful stress and tension being harbored in the body and mind. Sound healing performed on specific chakras thruout the practice intensifies the cleanse. Once any blockages are released, pranic energy is awakened at the base of the spine and nervous system.

The art of self care is approached from a therapeutic standpoint as Yvonne safely guides you into a gentle yoga session for an overall, profoundly mindful experience for achieving deep relaxation. *No prior experience necessary - beginners and seasoned yogis alike are all welcome!*

Bring your Yoga mat and we'll supply all the props for use for getting comfortable and cozy in your practice.

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

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

Yvonne has 16 years experience as a Certified Yoga Therapist (C-IAYT, E-RYT500), Vibroacoustic Sound Healer, and Yoga Alliance Continuing Education Provider (YACEP)

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