Healing Sound Frequency Meditation

with Vibroacoustic Sound Healer Yvonne Clark

Friday, January 22
7:30PM-9:00PM
$35 per person ($40 door)

Join Yvonne in this yogic experience of pranayama (breathwork) while simultaneously moving energy through each chakra energy center through use of quartz crystal healing bowls tuned specifically to the "heartbeat of the Earth" at 8 Hz. Be prepared for an amazing sound bath! – guiding you safely into the deep layers of the brain frequencies and psyche.

This therapeutic workshop will impact your physical, energetic, and emotional body and mind through powerful, healing sound frequency and vibration:

- Learn the science behind sound healing and its' benefits
- Participate in meditation focused on healing the deep layers of stress by taking the brain into the meditative frequencies of gamma, alpha, beta, theta and delta where even your cells heal, transform, and rebuild!
- Release from repetitive cycles, illness, alleviate pain, restore balance and maintain a healthy life practice

Bring your Yoga mat and we'll supply the blankets and bolsters for this sound healing meditation.

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

Yvonne is an experienced Vibroacoustic Sound Healer, Certified Yoga Therapist (C-IAYT, E-RYT500) and Yoga Alliance Continuing Education Provider (YACEP) with 17 years experience.

UPDOG YOGA www.updogyoga.com 210 W. University Dr., Rochester, MI 48307 I 248.608.6668
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