

sandpoint • hot yoga



Tibetan Singing Bowl Meditation at Sandpoint Hot Yoga

Wednesday May 24th, 5:15-6:15pm

There's no need to have meditated before
Because in essence
Meditation is merely shifting your brain waves to
A different frequency...
From Busy Beta to the more relaxed and calming
Alpha and Theta.

As the resonance of the Tibetan Singing Bowls interact with you,
Your mind will gradually become quieter, your body tension will soften
And you'll achieve what you're looking for.
Peace. Calmness. Clarity.

It's as easy as that.
Namaste, Ben☺

Open to all class packages or \$12 drop-in for new students & visitors.

For more information,
Contact Sandpoint Hot Yoga ~ www.sandpointhyoga.com or 208.946.7646
Or

Inner Attainment ~ <https://www.facebook.com/innerattainment/>
or 208-982-0070 for affordable rates & details.

Private sessions available in the privacy of your own home or the studio,
ask us today for a booking!