

Healing Sound Bath & Gentle Flow: Spring Equinox

with Tonya Schmitt

Wed.
March
20th
7:45-8:45pm

\$20

Move. Breathe. Relax. First, engage in simple, flowing movements to quiet the mind, restore the body and soothe the soul. Qigong and free-form movement fuse with gentle yoga. Then, settle in comfortably to take in the healing sounds of numerous Tibetan Singing Bowls.

Register at:

www.InspiringActions.com



Inspiring Actions, LLC
Yoga Studio