



Sound Meditation & Relaxation Workshop

With Catherine Lynn Richardson Bristol

Saturday, November 23 from 3-4 p.m. at Peaceful Moon Yoga studio
in the Kroger Plaza, 1789 S. Cedar Street, Imlay City, MI 48444

Cost: \$15, includes snacks and beverages after the sound bath session
Immerse yourself in the uplifting, inspirational and healing sounds of the crystal singing bowls as you offer thanks and set your intentions for the upcoming holiday season and new year as experienced yoga teacher and 'spiral dancer' Catherine Bristol guides you through a relaxing, full body sound meditation with her crystal singing bowls. Participants will feel the uplifting vibrations of the bowls, which are tuned to the seven chakras (energy centers) of the body. No yoga experience necessary, and any suggested yoga postures are optional. Participants may choose to sit in a chair, or sit or lay down on the floor for the duration of the workshop. Space is limited, Catherine's sound healing workshops at Peaceful Moon Yoga have been sell-outs in the past. Reserve your spot today by calling/texting 586-255-1275 or email info@peacefulmoonyoga.com.

