

Andy McDonald, E-RYT
featuring Niko

Yoga, Breath, and Sound

Saturday March 30, 2013, 10:00-11:30am

Treat yourself to a morning of deep relaxation. The stress and strain of life can lead to a buildup of tension that weighs us down and keeps our bodies and minds from functioning at optimal levels. This event will include gentle yoga and breathing exercises (accessible to all levels) to open your body and mind. Let's release unnecessary tension, allowing your body to function in a more natural, relaxed state, enhancing its ability to heal. We will transition seamlessly from yoga into an extended lying-down sound relaxation/meditation accompanied by ancient tibetan bowls. The sound vibrations of the bowls will wash away any worries and concerns, leaving you feeling light, clear, peaceful, and refreshed.

Suggested donation: \$25-\$35

Bring your yoga mat. Some mats are available for use if you do not have your own.