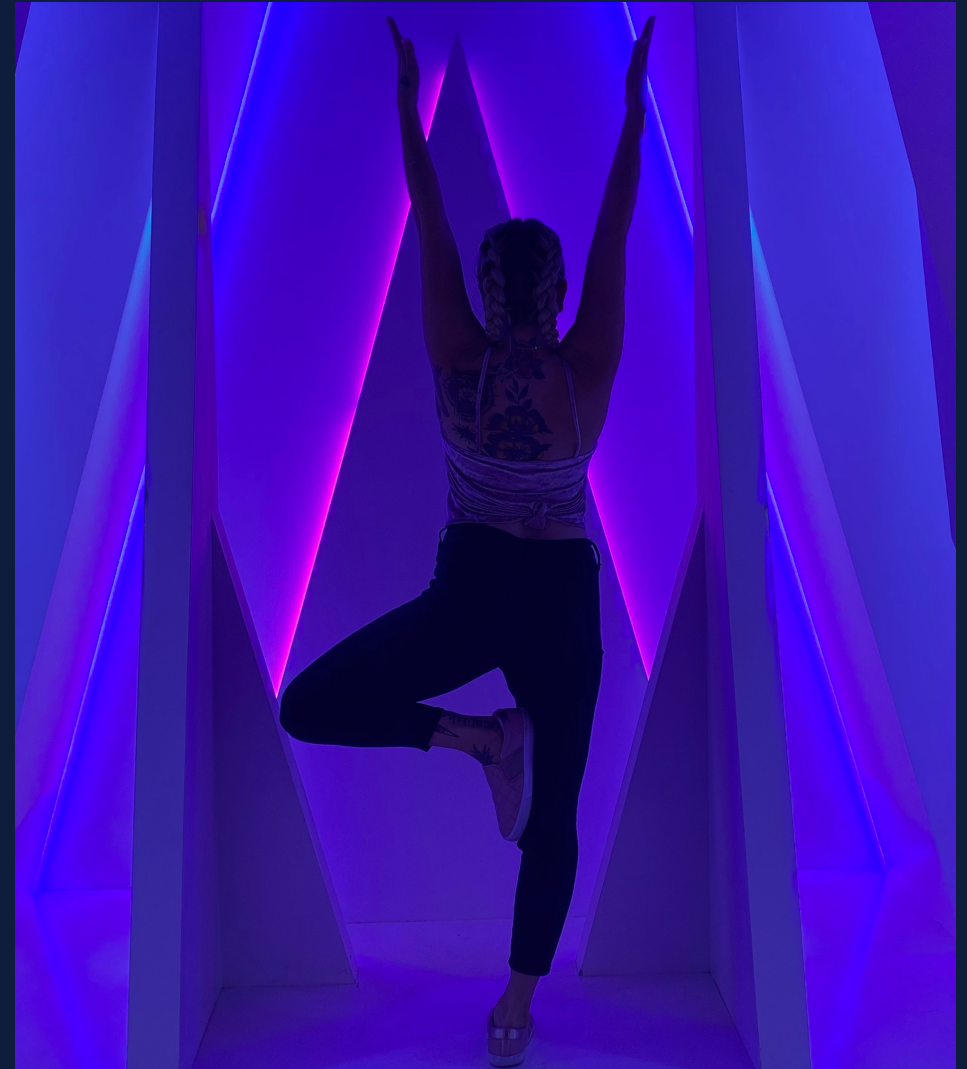


# SOUND BODY :: SOUND MIND

## A YOGA & SOUND MEDITATION DAY RETREAT



SUNDAY, FEBRUARY 25TH :: 2:00-8:00PM

JOIN BRIE MICHALIK & JONATHAN DE LEON  
AS THEY COME TOGETHER TO BRING YOU AN IMMERSIVE, FULL DAY, MULTI-SENSORY EXPERIENCE.

THIS DAY RETREAT IS DESIGNED TO SUPPORT YOU IN EMBODYING A DEEP  
STATE OF EASE & RELAXATION, WHILE PROVIDING A SPACE FOR THE  
NOURISHMENT AND STRENGTHENING OF YOUR INNER SENSE OF WELL-BEING.

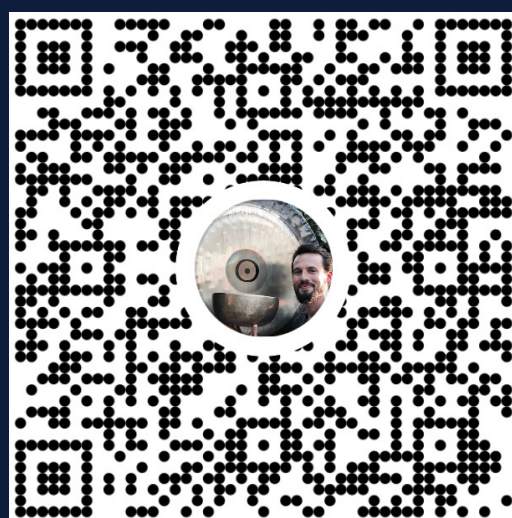
DURING THIS RETREAT, YOU WILL BE GUIDED THROUGH AN INTEGRATED SERIES OF COMBINED  
SOUND MEDITATION AND YOGA SESSIONS, INTENTIONALLY CRAFTED TO ASSIST YOU IN  
ACCESSING YOUR TRUEST CENTER WITHIN. YOU WILL DISCOVER EMPOWERMENT AND AUTHENTICITY  
THROUGH MOVEMENT AND STILLNESS, LEAVING YOUR BODY AND MIND FEELING  
REALIGNED, REVITALIZED, AND RENEWED!

- VINYASA YOGA • MULTIPLE SOUND BATH IMMERSIONS •
- MEDITATION & VISUALIZATION • AROMATHERAPY •
- GUIDED BREATHWORK • HANDS ON ASANA ASSISTS •
- RESTORATIVE YOGA • SELF REFLECTION//JOURNALING •
- COMMUNITY • DINNER PROVIDED •

A COMBINATION OF 20 AUTHENTICATED ANCIENT TIBETAN SINGING BOWLS &  
3 PAISTE PLANETARY GONGS (38" SUN, 28" JUPITER, & 24" MOON GONG) WILL BE USED.

:: \$165 PER PERSON ::

TO SIGN-UP, VENMO (QR CODE BELOW): @SOUNDEMBODIMENT // #4574



\*\*IF VENMO DOESN'T WORK FOR YOU  
AS A PAYMENT OPTION -OR- TO CONTACT THIS  
RETREAT'S FACILITATORS, PLEASE EMAIL EITHER  
JONATHAN AT: [SOUNDEMBODIMENT@GMAIL.COM](mailto:SOUNDEMBODIMENT@GMAIL.COM)  
-OR- BRIE AT: [YOGABREEZY@GMAIL.COM](mailto:YOGABREEZY@GMAIL.COM)

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