

SOUND BODY :: SOUND MIND

A YOGA & SOUND MEDITATION DAY RETREAT



SATURDAY, MAY 11TH :: 11AM-5PM

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 · LUNCH 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
-OR- BRIE AT: YOGABREEZY@GMAIL.COM

:: UNA VIDA :: 7960 NIWOT RD, SUITE B12, LONGMONT, CO 80503 ::