



Find Your

# BALANCE

**Unwind & Awaken:  
A Journey Through Yin & Stillness**

**Yin Yoga, Crystal Sound & Mindful Meditation**

**Slow down. Tune in. Awaken your inner calm.**

Join us for a beautifully crafted 90-minute journey that begins with

**60 minutes of soothing Yin Yoga**, designed to open the body's deep tissues, support lymphatic flow, calm the nervous system, & activate the vagus nerve moving you gently out of "fight or flight" into a state of deep, nourishing rest.

As you settle into this softened state, the session will seamlessly **transition into 30 minutes of mindful meditation**, accompanied by the gentle resonance of a crystal singing bowls.

This pure, high-frequency sound creates vibrations that further calm the mind, balance the body's energy, & invite profound inner stillness, helping you to fully integrate the healing of your practice.

**Breathe in beautiful calming aromas**

as you receive a relaxing **Indian head massage**, designed to enhance your sense of peace & presence.

**This experience is perfect if you are seeking to:**

- Release deep-held tension from the body
- Support your immune & nervous systems
- Reconnect with your breath, heart, & true inner stillness
- Receive the healing vibrations of sound therapy
- Cultivate a deep sense of gratitude, peace, & renewal
- Put yourself first & enjoy tea & cake!

Date: Saturday 28<sup>th</sup> June 2025

Time: 1pm - 2.30 pm

Location: R1se Napier Street Napier Sheffield S11 8DL

Investment: £30 per session

Early Bird: £25 if booked before 7th June

To book your space: Contact

Gaynor : 07922 388986

Jo : 07971969759

**It's Time to Soothe your body & Awaken your soul.**

