

March 2026 Newsletter



Sarasota trip

We had an incredible trip to Sarasota, Florida. It was filled with laughs, sun, warmth, a Manatee tour, alligators, birds and level 3 sound/vibration training!

The training was more techniques with the tuning forks, vibration bowls & gongs! We collaborated with a wonderful group of practitioners & we left with our hearts full.



Sound Immersions

A sound immersion is a beautiful experience, where you can step away from life, to come back to a centered and grounded state. With sound, the vibrations are welcomed by our body, helping us find harmony within ourselves. We all carry blockages from emotions, old traumas, fears and life experiences and our body wants to find its way back to balance and harmony. Sound can help get us there! The different instruments speak to parts of us that are waiting to be cleared, helping our body heal, one layer at a time! You should expect to lay down, relax and let the instruments do the magic work!



Upcoming event:

**Sound Immersion
in Magnolia
on
March 11th at
6:30p**

Sign up for our Sound Immersion @ Flowers & Stars;
<https://www.flowersandstarsshop.com/weekday-sound-immersion>

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