

## Sound Immersion With Stokke

**February 5 – 6:30 to 7:30 – at SparkU Healing & Yoga**



*A gentle hour of sound designed to feel like drifting. You'll settle into stillness as soft tones, shimmering bowls, and slow, spacious vibrations wash through the room. The experience invites your breath to deepen, your thoughts to loosen, and your body to melt into a state of quiet rest. Nothing to do, nothing to achieve – just float in a cocoon of sound and let the world soften around you.*

\$20 - Register at [www.SparkUHealing.com](http://www.SparkUHealing.com)



SUN	MON	TUE	WED	THU	FRI	SAT
1 <b>STUDIO CLOSED</b>	2 6-7 PM Full Moon Fire Horse Flow (Melissa)  Open by appointment for Private Services	3 6-7 pm Yoga & Sound Healing (Lauren)	4 6-7 pm Mid-Week Reset Yoga (Melissa)	5 6:30 - 7:30 pm Sound Immersion (Stokke)	6 6-7 pm Restorative Yoga with Amy Restorative Yoga with Amy	7 9-10 am Slow Flow Yoga (Melissa)
8 <b>STUDIO CLOSED</b>	9 Open by appointment for Private Services	10 6-7 pm Sound Healing (Lauren)	11 6-7 pm Mid-Week Reset Yoga (Melissa)	12 Donation Based Gatherings 6-7:30 pm Wise Women Rising Circle and Reiki Share	13 Open by appointment for Private Services	14 9-10 am Slow Flow Yoga (Melissa)  Open by appointment for Private Services
15 <b>STUDIO CLOSED</b>	16 Open by appointment for Private Services	17 6-7 pm Yoga & Sound Healing (Lauren)	18 6-7 pm Mid-Week Reset Yoga (Melissa)	19 6 - 7:30 Hip Opening 101: Yoga for Stiff Hips (Melissa)	20 Open by appointment for Private Services	21 9-10 am Slow Flow Yoga (Melissa)  Open by appointment for Private Services
22 11am-12pm Yin Yoga with Amy	23 Open by appointment for Private Services	24 6-7 pm Sound Healing (Lauren)	25 6-7 pm Mid-Week Reset Yoga (Melissa)	26 Open by appointment for Private Services	27 Open by appointment for Private Services	28 9-10 am Slow Flow Yoga (Melissa)  12-6 PM Reiki Level 2 Experience

Register for Classes and Book Private appointments Directly from our Website: [www.SparkUHealing.com](http://www.SparkUHealing.com)  
or via our app available in Apple Store & Google Play Store

*Check out Stokke at [gulfoastsoundserenity.com](http://gulfoastsoundserenity.com) and @stokkedonlife on Instagram*