

## 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
<b>STUDIO CLOSED</b>	1 6-7 PM Full Moon Fire Horse Flow (Melissa)  Open by appointment for Private Services	2 6-7 pm Yoga & Sound Healing (Lauren)	3 6-7 pm Mid-Week Reset Yoga (Melissa)	4 6:30 - 7:30 pm Sound Immersion (Stokke)	5 6-7 pm Restorative Yoga With Amy Restorative Yoga with Amy	6 9-10 am Slow Flow Yoga (Melissa)
<b>STUDIO CLOSED</b>	8  Open by appointment for Private Services	9 6-7 pm Sound Healing (Lauren)	10 6-7 pm Mid-Week Reset Yoga (Melissa)	11 6-7:30 pm Wise Women Rising Circle and Reiki Share	12 13 Open by appointment for Private Services	14 9-10 am Slow Flow Yoga (Melissa)  Open by appointment for Private Services
<b>STUDIO CLOSED</b>	15  Open by appointment for Private Services	16 6-7 pm Yoga & Sound Healing (Lauren)	17 6-7 pm Mid-Week Reset Yoga (Melissa)	18 6 - 7:30 Hip Opening 101: Yoga for Stiff Hips (Melissa)	19 20 Open by appointment for Private Services	21 9-10 am Slow Flow Yoga (Melissa)  Open by appointment for Private Services
11am-12pm Yin Yoga with Amy	22  Open by appointment for Private Services	23 6-7 pm Sound Healing (Lauren)	24 6-7 pm Mid-Week Reset Yoga (Melissa)	25 Open by appointment for Private Services	26 Open by appointment for Private Services	27 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 [gulfcoastsoundserenity.com](http://gulfcoastsoundserenity.com) and @stokkedonlife on Instagram