

Yin Yoga and the Sacred Sound of Singing Bowls

Sunday, Oct 12th, 2-4pm



Sattva
Yoga Center

433 W. Grand Ave., Escondido 92025

**“The Importance of The Chakras in our Daily Lives,
& the Yin Yoga Poses to Active and Fine Tune Them”**

1 hour 50 min. of Yin Yoga, 10 min. of Restorative/Savasana

Sylvi Harwin (ERYT, YACEP) will ease you into floor postures designed to gently stretch the soft tissue; relax & hold these postures for up to 5 minutes with a special breathing technique, creating a sense of peaceful inner joy.

Susan Murray (Certified Tibetan Bowls Healer) will accompany the practice, playing ancient singing bowls and gongs with their powerful therapeutic sounds which heal and transform consciousness.

\$30 pre-registered or \$35 day-of
pre-pay/register via KarmaSoft
at sattvayogacenter.com.

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