

Yin Yoga and the Sacred Sound of Singing Bowls

Sunday, June 30th, 2-4pm



Sattva
Yoga Center

433 W. Grand Ave., Escondido 92025

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

“If we learn to understand & work with the four opposing cellular groups of the brain's two hemispheres we can live 100% blissful lives of peace, joy & love”

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 your **KarmaSoft** student account at **sattvayogacenter.com**.