

# Yin Yoga and the Sacred Sound of Singing Bowls

Sunday, June 8th, 2-4pm



Sattva  
Yoga Center

433 W. Grand Ave., Escondido 92025

## “Breathing Properly: for Health, Energy & Long-Term Well-Being”

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](http://sattvayogacenter.com).**

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