



Restorative & Deep Relaxation Practice with Crystal Bowl Vibration

with Gerry Tuten

Sunday, March 18, 1-3pm

\$20 in advance* / \$25 at the door

Deep and restful sustained postures provide the body-mind an opportunity to renew and heal. Experience a restorative practice, followed by a release into an extended deep relaxation (yoga nidra). Move into a deeply peaceful state. Absorb the healing and resonant sound vibrations of a crystal bowl, which is said to travel for a 3 mile radius on the auric level.

Pre-registration requested

* For advance registration rate, please register 1+ week in advance

For more information or to register, please contact us.

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