

Halloween Eve Candlelight Yin Yoga and Gong Bath with sweet treats

Saturday, October 30th 7:30-9:30pm



Why Yin Yoga?

Yin Yoga is a beautiful healing practice giving us a break from our busy lifestyle. Being in poses longer, in stillness we open the meridian lines and allow the energy (chi) to travel more freely. We become receptive to many aspects of our being, the physical, emotional, and spiritual.

Why Gong Bath?

In a gong bath the metaphor holds true- the vibrating tones of the gong wash through the mental and physical blocks of mind, body and spirit to promote a deep sense of well-being, relaxation and inner peace. More than a musical instrument the gong is a conduit for vibrational waves of energy, releasing reverberating tones of great fullness and

resonance that interact with the body on a deep, cellular level.

Afterglow?

Emerge feeling relaxed, reenergized and refreshed. Enjoy sweet healthy treats prepared by Sara-Eleanor, also an internationally known instructor at Matthew Kenney's Culinary School in CA.

Presenting Patricia Clark, ERYT & Sara-Eleanor Yarbrough, Sound Healer

\$25 reservation required-limited space

Red Lotus Yoga

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