

Sound Bath Relaxation

Friday Evening, March 15, 2024

6:30 - 8:00 pm with Wendy & Robert



Sound Bath Relaxation may be a useful therapy that helps with many issues:

- Sleep disorders.
- Anxiety.
- Depression.
- Stress
- PTSD.
- Pain

By the time this class is over, you may leave with the following experiences:

- A sense of calmness, a release of stress.
- Deep relaxation.
- Some pain relief
- A good night's sleep.
- An improved mood.
- Being more in tune with your body.

What to expect: You will recline on a yoga mat and get as comfortable as possible. Wendy and Robert will guide you through a short meditation and then will begin to play a variety of musical instruments that will help you to unwind peacefully. These deep

sound vibrations have the ability to relax and balance the body as they correspond to specific energy centers (chakras) in the body.

What to bring: Please bring your own yoga mat, a blanket, and a small pillow or towel roll and water bottle if you like.

To Register:

Venmo @ Wendy-Simmons-Taylor or PayPalMe/WendyYoga

\$20.00 Early Bird Registration • \$25.00 at the door

Any other info: email hcc.yoga.wendy@gmail.com

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