

Breathwork & Vibrational Sound Bath

\$25 in advance
\$30 at the door



14 September 2018 7:30-9p.m.

A Sacred Healing Journey with Pavel and Special Guest Beth Barbaglia

www.heldintheheart.com

This special healing event begins with guided Pranayama (Conscious Breathwork) led by Beth. This simple & profound, breathing technique is an active meditation used to move & clear stuck energy. It purifies the nervous system, eliminates toxins & restores emotional, physical & spiritual balance. Through this practice, one has the power to heal emotional wounds, cultivate a deeper connection with one's true self, & step into a lighter, freeing alignment with the Soul's highest purpose. Our journey continues with a deeply nourishing Vibrational Sound Bath led by Pavel.

Bring any issue — pain, fear, or stuck energy. Connecting as a group we will set our intention for clearing & healing. We'll use Breath to move energy — opening the physical & subtle bodies to receive powerful, cleansing sound vibrations thus, re-balancing our Chakras. This powerful combination of modalities offers a multi-layered opportunity to heal & restore the body, and to explore your very personal connection with your own Divinity — your Soul's essence, Intuitive wisdom & the Unconditional love that resides in your Heart.

1900 Livernois
Rochester Hills, MI 48307
248-601-9642



WWW.REDLOTUSYOGA.COM