

# Bathing from the Inside Out

## Sound Baths with Dena Vigilis

Jan 7, Feb 25, Mar 17, Apr 7, May 19, Jun 9 - 4:00-5:00pm



### **About Dena**

Dena Vigilis is a Certified Adult/Kids Yoga Instructor and Sound Facilitator with over 20 years of yoga and mindfulness teaching experience. Dena teaches from her heart and creates the space for students to relax, restore and reset. As a co-owner of Yoga Life and long time Port Resident, Dena is ever grateful to be part of this amazing community!

**Sound Healing** is a powerful modality that combines healing vibrations, music, and sound healing instruments to improve our multidimensional well-being by creating a beautiful experience where all layers of our luminous energy field (body, mind, soul, spirit) are awakened gently and lovingly. By fine-tuning our system with a sound bath, we can restore balance and activate the body's natural healing abilities. Sound Healing techniques are delivered using instruments such as Tibetan and crystal singing bowls, gongs, drums, tuning forks, and more.

**What to Bring** - Blanket, Bolster/Pillow, Blocks, Eye pillow (any support props that will help relax the body/mind laying on the back)

All levels welcome! There is no requirement to attend all dates or to attend earlier dates if you want to attend later ones.

