

Bathing from the Inside Out Sound Baths with Dena Vigilis

Sep 22, Oct 20, Nov 17, Dec 15 – Sundays 4:00-5:00pm



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.

