

Healing Sound Frequency Meditation



Friday, March 8

7:30PM-9:00PM

\$25 per person (\$30 at door)

Join Yvonne in this yogic experience of pranayama (breathwork) while simultaneously moving energy through each chakra energy center through use of quartz crystal healing bowls tuned specifically to the "heartbeat of the Earth" at 8 Hz. Be prepared for an amazing sound bath! – guiding you safely into the deep layers of the brain frequencies and psyche.

This therapeutic workshop will impact your physical, energetic, and emotional body and mind through powerful, healing sound frequency and vibration:

- Learn the science behind sound healing and its' benefits
- Participate in meditation focused on healing the deep layers of stress by taking the brain into the meditative frequencies of gamma, alpha, beta, theta and delta where even your cells heal, transform, and rebuild!
- Release from repetitive cycles, illness, alleviate pain, restore balance and maintain a healthy life practice

Pre-register online: <https://www.updogyoga.com/workshops/workshops-rochester>

Yvonne is an experienced Vibroacoustic Sound Healer, Certified Yoga Therapist (C-IAYT, E-RYT500) and Yoga Alliance Continuing Education Provider (YACEP)