

Spring Awakening - Vibrational Sound & Singing Bowls

In-Studio Event: Saturday, April 12th 10:30-11:30 AM

with Katie Ruiz, Certified Sound Therapist & Yoga Teacher



Rise from Winter Slumber into Spring Awakening. Embrace the seasonal renewal and refreshing energy of Spring through Vibrational Sound & Singing Bowls.

Everything vibrates with energy. When our healthy resonant frequency is out of balance, the health of our physical and subtle bodies is negatively affected.

Sound vibrations help the body repair parts of itself that are out of alignment, helping to restore them back to wholeness. **A sound bath is the perfect** opportunity to raise your vibrational energy and refresh your perspective for spring.

Everything is energy... Energy vibrates at a certain frequency or hertz. Enhance your personal wellness and energy through 285 Hertz.

"A 285 Hertz frequency, often considered a "healing frequency" within the Solfeggio scale, is believed to work by influencing the body's energy field, sending a message to restructure damaged cells. This is based on the idea that sound vibrations can interact with the body on a cellular level."

Who should attend? Everyone Welcome to Attend!

What to bring? Wear comfortable clothes. Bring your yoga mat, blanket & water bottle.

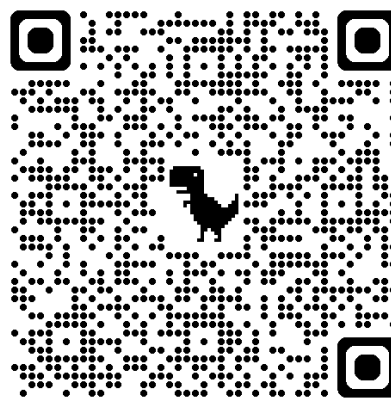
Please note, the studio has limited yoga mats, bolsters & blankets if needed.



Katie Ruiz, Certified Sound Therapist & Certified Yoga Teacher

More Details + Register Here:
www.5koshasyoga.com/events

Easy Way to Register: Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link. You'll be directed to the registration links!



FEE: \$30 Are you a Frontline Worker in Wisconsin? Email Mary@5koshasyoga.com to receive a full scholarship to attend this event.

In-studio classes have LIMITED spacing available 15 spots total. Register early to save your space!

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com