

Echoes of The Soul: A Vocal Sound Journey

In-Studio Event: Saturday, May 9th 10-11 AM

Event Presenter: Joni Clare from Tune Me Studio



What if your voice was the key to unlocking your own healing? If your stress had a sound, what would it sound like when it fades away?

Your voice is the most powerful healing instrument you carry... It's the only sound source directly wired to the heart, breath, and nervous system—able to shift brainwave states, release emotional tension, and create real physiological coherence.

A vocal and vibrational experience involving:

- **Ancestral vocalizations** layered into Himalayan singing bowls, gong, drum & other sound therapy instruments
- **Sensory-rich voice calls** that connects you to breath, bone, memory, and nature
- **Vocal toning** and non-religious chanting to create resonant, primal vibrations
- **Mantras of** mindfulness, success, and inner peace
- **Personally** composed music that is intention-driven for each sound journey

Is this a music performance? These sessions are not a performance, space to held in peace and intention to focus inwardly.

Who should attend? These sessions are suitable for almost anyone seeking stress reduction, deep relaxation, or improved mental well-being.

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



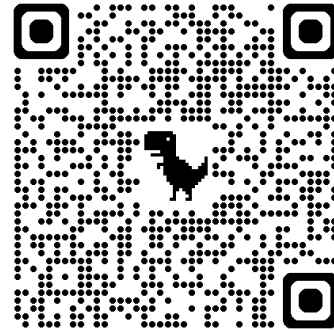
Joni Clare,

Vibrational Sound Practitioner
Vocal Guide, Musician, Improviser & Song-Maker

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: \$25 with Discount Code: SOUL5 expires Tuesday, May 5th. \$30 after May 5th.
Frontline Worker Scholarships available to cover your attendance at this event!

Do you know someone who may benefit from this event? Invite your favorite person to kindly pre-register in advance together.

What to bring? Wear comfortable clothes & bring your yoga mat, pillows, blankets & water bottle. The studio has yoga mats, bolsters & blankets if needed.