Winter Solstice Celebration - Sound Healing & Vibrational Sound Bath

In-Studio Event | Saturday, December 19th 10-11 AM

with Katie Ruiz, Certified Vibrational Sound Practitioner & E-RYT



Celebrate the Winter Solstice & Ignite your Inner Light through Sound & Vibration.

Are you ready to slow down and turn inward to rekindle your creative resources for the Winter? Are you interested in relaxing into the serene sounds of the season?

All you need to do during this practice is experience. Build your cocoon of warmth and comfort. Give yourself a personal retreat for restoration and deep relaxation.

What will you hear during the Sound Bath? Hear a variety of instruments like singing bowls, chimes, and drums.

How does Vibrational Sound support the mind-body? Vibrational sound promotes harmony and balance to the systems of the body that have been stressed. It promotes well-being all the way down to the cellular level, and it can stay in the body up to 24 hours.

Some benefits of Sound Healing include:

- **Lowered** blood pressure
- **Increased** circulation sense of calm
- **Increased** sleep quality
- **Improved** immunity

Who should attend? Everyone Welcome to Attend! Chairs are available to use for the event also.

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



Katie Ruiz, Certified Vibrational Sound Practitioner & E-RYT

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

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