

Sound Meditation

with Alissa Will

Join Alissa for a session of sounds to cultivate calm and harmony. This meditation workshop will start with a personalized intention/sankalpa, then lead into gentle movement with a few calming poses. You will settle into meditation with nidra, gongs, singing bowls, ocean drum and chimes that will take you on your sound journey. Once the sound journey ends the sankalpa will be brought back into awareness and the class will end with a bit of silence for reflection.

LOCATION: Scottsdale Studio

DATE/TIME: Saturday, March 28th, 2:30-5:00 P.M.

COST: \$32/\$30*

*Early registration price ends March 21st

Register online or by phone 480.905.8801



REFUND POLICY: Workshops and trainings payments may be refunded with 72 hour notice, less administrative fee of \$10 per individual session. No refunds or credits for less than 72 hours notice.

Note: This workshop can apply to YA CEUs.

