



Quarterly Series

WITH RACHAEL & JOSHUA RILEY

SOUND BATH

Yoga Class

RELAX AND REJUVENATE WITH A COMPLIMENTARY SOUND BATH YOGA CLASS

Join Rachael and Joshua Riley in the nourishing practice of yoga and sound. You will be guided through meditation and gentle restorative postures while receiving the healing effects of sound through sacred mantra and prayer.

The fusion of yoga and sacred sound provides a gateway to releasing tension, calming the mind, and descending into a state of profound relaxation. Live instruments will be used including crystal sound bowls, mountain dulcimer, guitar, calabash, chimes and harmonium to facilitate nervous system regulation and self-awareness.

First class

Sunday, March 23rd
2:00 pm
Mind Body Studio

Space is Limited
SIGN-UP

ON THE PAC APP

PROGRAMS | GROUP EX | SOUND BATH

This class is perfect for beginners and experienced yogis alike. No prior experience is necessary.

PELICAN
ATHLETIC CLUB