

Gong & Crystal Bowls

Friday, March 18th
7 pm - 8:30 pm
\$40 per person

**"Moonlight drowns out all
but the brightest stars."
~ J.R.R. Tolkien**

**Join us as we prepare
for the FULL MOON of March!**

**Lay back & let the healing sound vibrations
wash over & through you as she plays her
GONGS and BOWLS during your FULL HOUR
of SAVASANA.**

**You'll float on a wave of sound,
drifting in and out of consciousness
into a deep & effortless meditative state.**

**Bring your favorite blanket,
a comfy pillow & something
to rest upon.**

You deserve this.



In Harmony
YOGA
& Wellness



Holly Shay
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