

Chakra Healing Sound Bath With Cici Bo



Day/Time: Mondays 12-12:45pm

Location: Online (Zoom)

Cost: **No Cost to people impacted by cancer (CSCVSB's participants)**

Info: 805.379.4777

programs@cancersupportvvsb.org

cancersupportvvsb.org/events/

Immerse Yourself in Frequency with Sound Bath Meditation to melt away stress. Resonant vibrations, rhythms and tones alter brain states and relieve stress levels, alleviating tension in body tissues and cells that have fallen into “disharmony”.

Thanks to her generosity, this class is livestreamed from Cici's yoga studio elusively for CSCVSB's participants.

Before joining this class, speak with your doctor to see if this class is right for you.

Cici is the owner of Harmony Family Yoga and has dedicated herself to yoga and incorporating its philosophy into her family life since discovering its joys and benefits. Now she aims to share the healing she experienced through yoga with families and friends throughout the community.

This class is generously provided by

