

In-Person Workshop

Chakra Healing Sound Bath & Tea Ceremony

With Cici Bo



Date/Time: 11/15/23 Wed, 12-1pm

Location:

Cancer Support Community VWSB
4195 E. Thousand Oaks Blvd., Suite 107,
Westlake Village 91361 CA

Cost: Free to CSCVWSB's Participants

Registration:

website: cancersupportvwsb.org or
call: 805.379.4777 or

email: programs@cancersupportvwsb.org

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”. After sound bath join us for a tea ceremony. The tea ceremony encompasses harmony, respect, purity, and tranquility.

Pre-registration required.

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. She holds a coveted RYT 200 certification from Yoga Alliance and possesses specialized training in Children and Teens Yoga as well as Trauma-informed Yoga. Now she aims to share the healing she experienced through yoga with families and friends throughout the community.