

In-Person Workshop

Chakra Healing Sound Bath

With Cici Bo



Date: Thursday, February 8th

Time: 1:30pm to 2:15pm

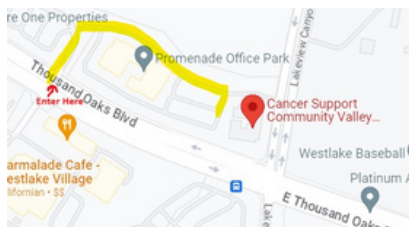
Location:

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

Cost: Free to CSCVVSBB's Participants

Relax and Unwind with Sound Bath Meditation. Take a break from your busy schedule and try Sound Bath Meditation to soothe your mind and melt away stress. Sound vibrations, rhythms and tones have the power to alter brain states and release tension in your body tissues and cells that have fallen into “disharmony”. Let the resonant frequencies transport you to a place of tranquility and calmness.

Cici, the owner of Harmony Family Yoga, has a RYT 200 certification from Yoga Alliance and specialized training in Children and Teens Yoga and Trauma-informed Yoga. She aims to spread the healing benefits of yoga to families and friends in the community.



Registration:

website: cancersupportvvsb.org

call: 805.379.4777

email: programs@cancersupportvvsb.org

