

Chakra Healing Sound Bath

with Cici Bo, E-RYT500, Trauma-informed Yoga Instructor,
Mindfulness Meditation Facilitator, Therapy Harp Healer



TIME & PLACE:

ONLINE MONDAY WEEKLY, 12:00PM-12:45PM

NO COST TO PEOPLE IMPACTED BY CANCER

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, Harmony Family Yoga, exclusively for CSCVSB's participants.

Instructor:



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.



To register and learn more:

cancersupportvvsb.org

email: programs@cancersupportvvsb.org

call: 805.379.4777