

RESTORATIVE YOGA AND SOUND MEDITATION WITH DALIEN AKA 13 HANDS

FRIDAY, JUNE 15TH 7:45-9:15PM



photo © 2011 Bill Bernstein

A 13 HANDS sound healing, restorative yoga workshop is designed to bring you into a deeper state of mind/body relaxation. After some simple, calming and grounding yoga postures to warm up, there will be a very long, 40-45 minute savasana where Dalien will compose meditative sound healing music for your relaxation and inner journey. With the use of gongs, bowls, Hang drum, native flutes, ambient guitar and percussion, 13 HANDS will weave a sonic tapestry to support your experience. The workshop will begin and end with some chanting. Regular class price plus \$10.



ONYX MIND BODY

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