



Join Us for this Fall 2022 Special Event!

Soothing Sound Kundalini Awakening



Saturday, November 12th from 11:30am - 1:00pm

Dive deep on a journey into your body and bring forward heightened awareness and inner stillness through breath, sound, and yogic kriyas. Kundalini energy is divine energy that awakens the awareness which exists in us all. It is a call to make positive changes. When this happens, we can become who we are meant to be, and wake up to our destiny.

Kundalini yoga is a blend of yogic chanting, meditation with physical control, and the expression of power and energy. After a kundalini yoga class, you may feel like you've gone to therapy, worked out in the gym, and had a singing session with friends! Though you may feel relaxed afterward, the intent is not stillness and keeping quiet. In our unique Kundalini Awakening, you will learn to activate your energy centers by weaving your breath, sound, and movement into a cleansing and invigorating practice lead by our experienced yoga and sound dynamic duo.

Suitable for ages 16 and up. Waiver must be signed prior to class attendance. Please bring your own mat and water bottle. \$35

Class Size Limited - please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in class. Workshops are on a pre-pay, non-refundable registration basis.

The Wellness Spa's Soothing Sound Instructors:



Tracy Marie is a Stevens Point native working at The Wellness Spa as a Front Desk Spa Coordinator, Saltologist and Social Media Manager. With Tracy's musical background, she offers her talent at the spa as a Singing Bowl Musician. She also enjoys playing swing music on the Alto Saxophone with her band 'Guy.ev.ski' and walking on nature trails.



Angela May knew her path in life was to share the knowledge and wisdom of yoga after completing her 200-hour yoga teacher training in Sacred Valley, Peru. As a professional yoga instructor, shamanic practitioner and healer, Angela guides people into listening to their inner self, stepping out of their comfort zone, and exploring their inner wisdom and ability to heal. Angela shares her creativity and talents as a local artist, as well as a Saltologist at The Wellness Spa.

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 www.WellnessSpaResort.com