



Join Us for this Winter 2023 Special Event!

Soothing Sound Chakra Balance



Saturday, February 18th from 11:30am - 1:30pm

Our body is more than just physical and mental, it is also an energetic system of 'wheels' or discs of spinning energy often referred to as chakras. There are seven main chakras, from the root or base of your spine to the crown of your head. To function at our best, our chakras need to stay open or balanced.

Using the power of crystal bowl sound meditation, gentle restorative yoga poses, and 'Bija Mantras' – voiced sounds associated with the chakra system - Tracy and Angela will take you on a journey into and through your chakras, giving focused time and attention at each chakra to allow you to connect with your inner and outer voice as you bring balance and harmony to your entire being.

No prior yoga experience needed. Open to ages 16 and up. Please bring your own mat & 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. **We suggest signing up for the Kundalini follow-up course – details online.**

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