



Join Us for this Spring 2023 Special Event!

# Soothing Sound Meditation



**Saturday, May 20<sup>th</sup> from 11:30am - 1:00pm**

One of our most popular special events! Experience a full sound journey using a combination of crystal singing bowls, gong, ocean drum, intentional mantras, meditation, and restorative yoga to soothe your body and mind while connecting your spirit to higher source and self. Allow sound and frequencies to impact you on a cellular level and awaken you to new heights while grounding you in calmness. This is a relaxing but impactful class. No prior yoga experience needed. Open to ages 16 and up. Please bring your own yoga 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.

## 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](http://www.WellnessSpaResort.com)**