



Join Us for this Fall 2023 Special Event!

# Soothing Sound Kundalini Awakening



**Saturday, December 2<sup>nd</sup> from 10:00 - 11:30am**

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 or worked out in the gym! 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 and has always been involved in the health and wellness industry. She currently manages a small health food store and enjoys helping people on their path to wellness. She likes to spend her free time with walks in nature, playing the saxophone, and jumping rope. She also enjoys sharing her talents by playing singing bowls for meditation classes.



Angela May completed 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 and co-created "Vibin' in the Pines" music, art and flow festival. She also works as a Saltologist and Restorative Therapist at The Wellness Spa and teaches Mindful Yoga, Restorative Salt Spa Yoga and Soothing Sound classes and workshops.

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 [www.WellnessSpaResort.com](http://www.WellnessSpaResort.com)