



Join Us for this Winter 2024 Special Event!

Soothing Sound Chakra Balance



Saturday, February 10th from 10:00am - 12:00noon

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 extra focused time and attention at each of the seven chakras to allow you to connect with your inner and outer voice as you bring balance and harmony to your entire being. **Powerfully relaxing.**

No prior yoga experience needed. Open to ages 16 and up. Please bring your own mat & water bottle. \$45

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 now for the Kundalini follow-up course – details online.**

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