



Join Us for this Fall 2024 Special Event!

# Soothing Sound Meditation



**Saturday, September 21<sup>st</sup> from 10:00 - 11:30am**

One of our most popular special event is back for fall time! 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. **\$40**

**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 Chakra event October 19<sup>th</sup> – 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 mediation 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)