



Join Us for this Fall 2025 Special Event!

# Yoga Nidra Sound Healing



**Saturday, November 22<sup>nd</sup> from 10:00 - 11:30am**

Join us for a Theta Wave experience! Combining the powerful medicine of sound healing and the deep meditative grounding of Yoga Nidra, this class will take you on a deep dive into your body and mind. Allow yourself to travel through frequency, with our expert sound healing musician Tracy, who will take you on a soothing sound journey. While you are drifting through sound, Angela will take you on a deep dive into your body and mind. Yoga Nidra is specifically designed to calm the sympathetic system in your body, which in turn, works to conserve and restore energy. You can feel immediate physical benefits like reduced stress, better sleep and this style of yoga can even aid in healing deep psychological wounds. Give your body a molecular massage and clear your mind of clutter, allowing yourself to open up to clarity and calmness and improve overall awareness. No prior yoga experience needed. Open to ages 16 and up. **\$40**

**Things to Bring:** Yoga mat, water bottle, & whatever you need to comfortably relax (pillow, cushion, blanket, etc.)

**\*Registration Required - Reserve your place in class today! Book Online [www.WellnessSpaResort.com](http://www.WellnessSpaResort.com) or call 715-341-3333 for more information. This class is on a pre-pay, non-refundable registration basis.**



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 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 and co-created "Vibin' in the Pines" music, art and flow festival to bring an opportunity for many artists to share their own talents. She also works as a Restorative Therapist at The Wellness Spa and teaches Mindful Yoga, Restorative Salt Spa Yoga, Awakening Wellness Ritual 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)**