



Join Us for this Winter 2026 Special Event!

# Soothing Sound Meditation



**Saturday, February 28<sup>th</sup> from 10:00 - 11:30am**

One of our most popular special event is back for winter 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. **\$45**

**\*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.**

## 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 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 teaches Meditation & Mindful Yoga, Salt Spa Yoga, Soothing Sound classes and specialty workshops at The Wellness Spa.

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