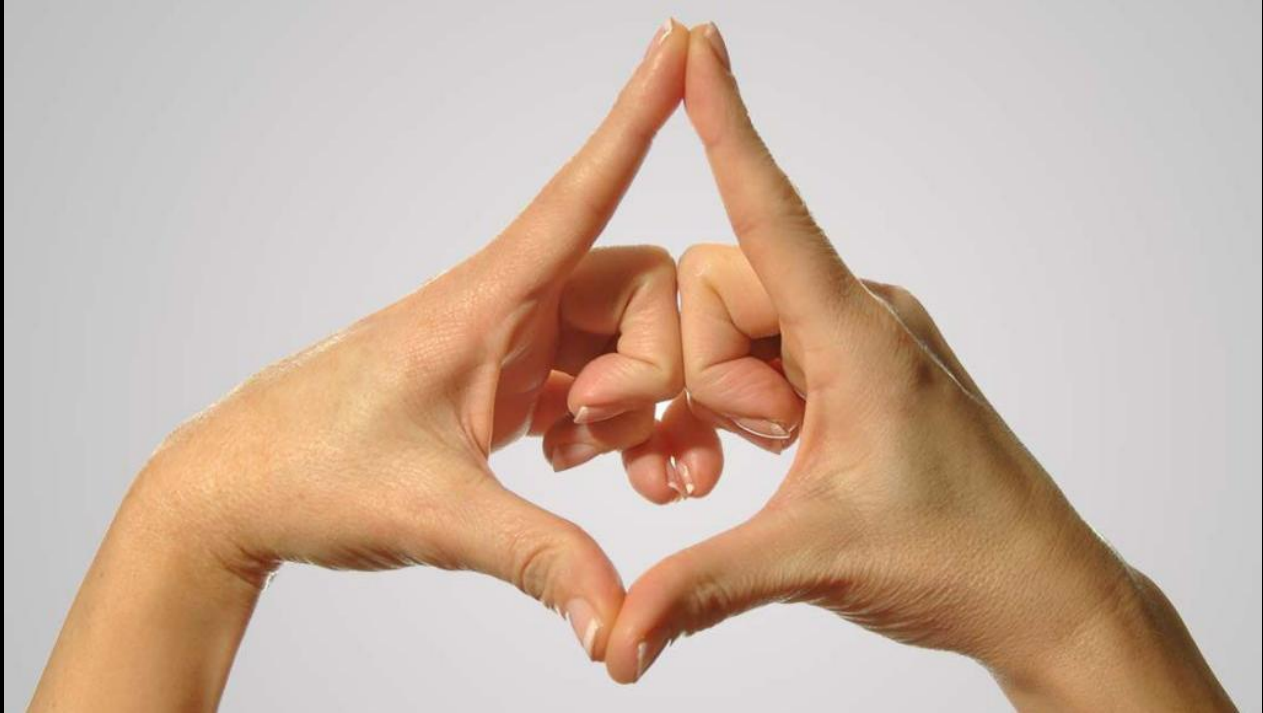




Join Us for this Fall 2026 Special Event!

Mudras, Mantras & Sound Meditation



Saturday, November 21st from 10:00 – 11:30am

Using the power of crystal bowl sound meditation, intentional mantras, and mudras to guide you into a space of deep meditation. Mantras and mudras are an ancient and organic technology used to build healthy neural pathways, elevate cognitive functioning and strengthen intentionality. Gentle restorative yoga will be woven throughout the class to soothe your body and mind while connecting your spirit to higher source and self.

No prior yoga experience needed. Open to ages 16 and up. Please bring your own yoga mat, pillow, blanket & anything else to keep you cozy, snug, and comfortable. **\$45**

***Registration Required - Reserve your place in class today! Book Online 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 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 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