

Energy + Sound Series

Full Moon Kinetic Healing + Ethereal Sound Bath



Emery Elle

Join an opportunity for
Grounding and Healing

This energetic event will
allow you to experience
the following:

- Bring in more self love
- Learn to gently let go thru meditation and breathing
- Experience grounding energy
- Enjoy a relaxing sound bath



Matt Grenier

Scan For More Info
And To RSVP



March 5th
1 P.M. - 3 P.M.

Northern Arizona Yoga Center
113 South San Francisco Street