

SOUND HEALING

CELEBRATE THE WINTER SOLSTICE



AN EVENING OF SOUND TO HEAL AND RESTORE

Friday DEC 22 at 7 pm



with Dr. Ivy Loney

\$25

Spaces are Limited

Book your space at

www.openspacesyoga.com

Payment can be made at that time or in-studio.

Discover how sound supports a healthy nervous system!

There's a wealth of research on sound healing for anxiety, blood pressure, well-being improvement, chronic pain, stress management and so much more!

Come learn tools using your own sound & resonance as a way to support your own self-healing path.

OPEN SPACES YOGA CENTER

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