

Yoga, Meditation and Sound Therapy Workshop



Cilcain Village Hall
Sunday 19th November 2023

A day of Yoga, meditation and Gong Sound Therapy with Mike Cragg (BWY Diploma and Yoga Professionals UK Senior Yoga Teacher) and Rachel Jones (Sound Therapist).

Mike has been teaching Yoga, Pilates and fitness for nearly 30 years and holds Level 5/Advanced level qualifications. Rachel runs her own company—"Symphonic Sound" and trained with the College of Sound Healing.

The morning Yoga session will focus on opening, strengthening and aligning the hips. Stiff and tight hips, cause pain and misalignments throughout the body—but by working mindfully we will gently bring unity to the body and mind.

Our afternoon consists of a journey into relaxation and healing with deep meditation followed by immersion into sound therapy using bowls and gongs.

Cost

£55 for the day



Booking

01352 741147
www.yogapilatesflintshire.co.uk
info@yogapilatesflintshire.co.uk