



Raise Your Vibration Sound Bath & Chakra Yoga

10am-12pm

Saturday 9th November 2019

@Sunnyfield House, Guisborough

£20

This workshop will be a creative immersive experience combining both sound and
Yoga.

Emma and Adrienne will guide you on a journey through the chakras from the root to the crown chakra to encourage a raising of vibration.

Using crystal singing bowls, Adrienne will play the vibration associated with each chakra whilst Emma takes you through a series of asana associated with each of these wheels of energy.



Picture By Tori Williams

The session will finish with a relaxing sound bath which uses a range of sound instruments to nourish and restore you.

To book, contact
Emma on 07762 519068
or email emmaliveyoga@gmail.com

