

RESET & REBALANCE

A Movement Session & Sound Bath Journey

This involves 1hr of gentle movements on and off the yoga mat followed by an 1hr of absorbing the sound vibrations. There will be various sound instruments and styles such as Singing Bowls, Gong, Handpan, Chimes, Bells, the voice etc. Overall the session will help you to settle, clear and **cultivate** energies, whilst also **calming** the mind and deeply **relaxing** the body in order to reset and rebalance for the start of a new week ahead.



Please bring your own Yoga mat, cushion and blanket though a yoga mat can be provided upon request. For more information and **Contraindications** see the website www.movementandenerchi.com

**MEDITATION, BREATHWORK,
SOMATICS, QI GONG, FREEFORM
TAI CHI/DANCE & SOUND**

SUNDAY

24TH MAY 6-8PM

ST MARY'S HANDBRIDGE CENTRE, HANDBRIDGE, CHESTER

£25 per full session
Book in advance only
lee@broad-minded.com /
07723 357 792