

YOGA MUSIC THERAPY WORKSHOP

Find Your Voice
Music Therapy



Thursday, October 4th, 2018

7:00-8:30PM

Janati Yoga School

16 Bath Road. Kingston, ON.

JOIN JANATI YOGA & FIND YOUR VOICE MUSIC THERAPY FOR A BLISSFUL 90 MINUTE COMBINED YOGA & MUSIC THERAPY WORKSHOP

Align breath with movement as you are guided through a series of postures to the sounds of live instruments & vocals. We will respond to your breathing, body language & energy to create the experience you need.

Adrienne (RYT200) will guide you through breath, postures & movement as Kim (Accredited Music Therapist) guides you through melody, rhythm, & sound to help motivate, empower, ground & relax you. Helping you connect to your inner self.

No previous yoga or musical experience required.

**INVESTMENT \$30
EACH SESSION
(INCLUDES HST)**

PRE-REGISTER ONLINE OR BY
PHONE TO ENSURE YOUR SPOT
JANATIYOGA.COM. 613-507-5550