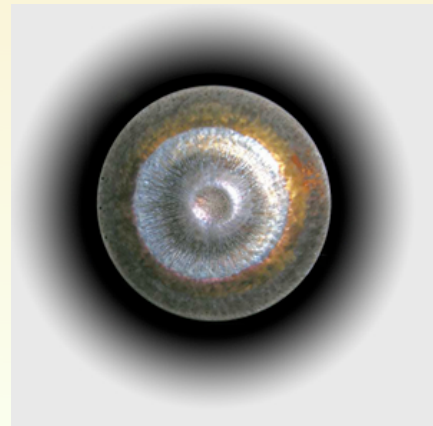


Workshops

Yoga, Gongs and Meditation

An evening of Movement, Sound Relaxation and Healing



Saturday
April 23rd

6:00–9:00 pm

Tea and treats to be provided after the event.



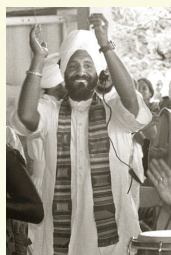
\$25 Before April 15th

\$30 At the door

We are committed to helping people make positive life altering changes. Financial assistance is available upon inquiry.

Preparing ourselves through a vigorous and joyful yoga set we will awaken our innate mental and physical capacities, and create a body-mind balance receptive to change and healing. While in this state the sound waves of the gongs are used to induce an extended state of effortless meditation and relaxation that facilitates the movement of the prana through the body and psyche for healing. In this way, the gong is a tool that magnifies and focuses the power of the yoga experience.

Dharam Singh



www.gongsongs.com

Hari Dass Kaur



www.cambridge-yoga.com

RSVP ebloodgett@accessshuniya.com



life. better.™

Access Shuniya, LLC
47 Dow Road
Hollis, NH 03049
603.860.4528

sbrassard@accessshuniya.com

 [facebook/accessshuniya](https://www.facebook.com/accessshuniya)

 [twitter/accessshuniya](https://twitter.com/accessshuniya)

Shu-nee-yuh | The art of silencing the mind