

SOUND BATH WITH YIN YOGA

WITH PAULA AHLBERG AND SAMANTHA RAY
SUNDAY 2ND MARCH 10-12 AT WELLBEING WAREHOUSE
£40

BOOK AT WWW.WELLBEING-WAREHOUSE.COM -- ENQUIRIES@WELLBEING-WAREHOUSE.COM



As we transition into Spring, this season symbolises renewal, growth, and fresh energy.

The Liver and Gall Bladder are the organs associated with Spring, and Paula will guide you through a deeply nourishing Yin Yoga practice designed to support and balance these energies. This practice will focus on targeting tighter tissues with longer, supported holds using bolsters and cushions, helping to release stagnant energy from both the mind and body.

In addition, Sam will take you on a deeply restorative sound journey, immersing you in the resonant vibrations of sound. This experience not only soothes the senses but works at a deeply cellular level, creating a magical and transformative effect.

After the long, dark winter, this workshop is the perfect way to welcome the rejuvenating energy of Spring.

And what better way to conclude the session than with complimentary tea and cake!

