

# Welcome Spring Sound Bath

## with Janet Weir and the Hudson Sound Healers

Saturday, March 23, 2024, 4:30pm – 6pm



Welcome Spring with the transformative power of an enchanting Sound Bath!

With open hearts, we invite you to join Hudson Sound Healing on a blissful exploration of openness and renewal as we celebrate the arrival of Spring! Experience the profound healing vibrations of Tibetan bowls, shimmering gongs, soothing voice, and many more unique vibrational instruments. Connect with the new energies of the Spring Equinox and the upcoming full moon. Join us for this time of new beginnings, fresh perspectives and spiritual awakening.

**IN-PERSON Only • Exchange: \$35 • [REGISTER](#)**

Pre-registration is required.



**Janet Weir**, aka Hudson Sound Healing, is a professional sound healer who performs sound baths with the intention to create inner peace and increased awareness. Originally a pianist and composer, she wrote and produced music for television such as “Reading Rainbow” for 25 years. During this time, she also studied yoga, meditation and kirtan (chanting) at the SYDA Yoga Ashram. Love of sound and spiritual studies merged along with a desire to serve, leading Janet to study Sound Healing at the Sage Academy, the Open Center and Integral Yoga.

### HUDSON SOUND HEALING



**Michael Jay** is a Sound Healing educator, Gong Master, Sonic Alchemist and Reiki Master.



**Dasha Alexander** is a professional educator, student of sound healing and the proud daughter of Janet Weir.



**Steve Horelick's** soundscapes, with their natural rhythms of waves, are designed to harmonize the mind, body, and soul.

#### **In Person Protocols**

*Pre-registration and signed waiver is required. Masks are optional. Bring your own mat blankets and support props. Should you choose to use any studio equipment, bring a towel to drape between you and any fabric props (bolster, blanket). Please arrive 15 minutes before start time of the event.*



**Sacred Spirit Yoga and Healing Arts Center**  
At South Presbyterian Church  
343 Broadway, Dobbs Ferry, NY 10522  
[sacredspiryogacenter.org](http://sacredspiryogacenter.org)