

Summer Solstice Sound Bath

with Janet Weir and the Hudson Sound Healers

Sunday, June 23, 2024 • 4:30pm – 6pm



With open hearts we invite you to join Hudson Sound Healing in a joyful celebration of the Summer Solstice. This time of year we honor our own inner growth and expansiveness. The magical sounds of Tibetan bowls, shimmering gongs, soothing voice and other vibrational instruments will transport you into a meditative state where deep healing occurs. Together we will reflect on the light we hold within in an atmosphere of warmth and peace.

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

Pre-registration is required. Space is limited.



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
sacredspiritryogacenter.org