

Autumnal Equinox Sound Bath

with Janet Weir and the Hudson Sound Healing

Sunday, September 18, 4:30m – 6pm



Join Janet Weir and Hudson Sound Healing in a celebration of the Autumnal Equinox. It is a time of year when we look for balance and connect with the earth, tune in and prepare ourselves for the autumn change. Immerse yourself in a sound bath of Tibetan bowls, gongs, crystal, chimes, flute and other vibrational instruments to quiet the mind, tone the nervous system and energize the body's innate healing power.

IN-PERSON Only • Exchange: \$30 • Pre-registration is recommended.

[REGISTER](#)

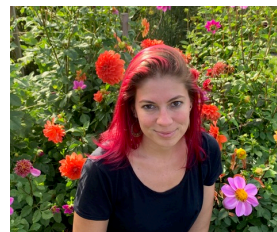


Janet Weir, aka Hudson Sound Healing, is a professional sound healer who performs sound baths with the intention to create inner peace and increased awareness. Originally a pianist and composer, she wrote and produced music for television such as “Reading Rainbow” for 25 years. During this time, she 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.

In Person Protocols

Pre-registration is recommended. Signed waiver required. Masks are optional. You may bring your own mat and props. Should you choose to use any studio equipment, bring a towel to drape between you and any fabric props (bolster, blanket).



Sacred Spirit Yoga and Healing Arts Center
At South Presbyterian Church
343 Broadway, Dobbs Ferry, NY 10522
sacredspiritryogacenter.org