

Harvest Moon Sound Bath

with Janet Weir and the Hudson Sound Healers

Saturday, September 30, 2023 • 4:30pm–6pm



We are delighted to extend a warm invitation for an enchanting Harvest Moon Sound Bath. This special event is offered by Janet Weir and the Hudson Sound Healers. Using sacred sound healing instruments including Tibetan bowls, gongs, crystal, flute and soothing voice, they will guide you on a journey of self discovery and rejuvenation.

The full moon is considered the "energy peak" of the month, and this is the perfect time to tap into its potent healing power. Ground yourself, tune into nature, manifest new goals, experience a loving relaxation in the awareness of your inner self.

This experience of sonic alchemy promises to leave you refreshed, energized and positively glowing. Join us for this opportunity to resonate with the celestial symphony of the full Harvest Moon!

IN-PERSON Only • Exchange: \$30 • [REGISTER](#)
Pre-registration is required. Space is limited.

HUDSON SOUND HEALING



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.



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. We recommend you 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