

# New Years Day Sound Bath

## with Janet Weir and the Hudson Sound Healers

Monday, January 1, 2024, 4:30pm – 6pm



Start your year with an inspiring sound bath of Tibetan bowls, gongs, crystal, chimes and other vibrational instruments. The New Year invites us to open our hearts, start with a clean slate, discover new intentions and let our creativity flow. Renew your Spirit with the New Year! This healing experience will create the space for you to let go and release what you no longer need, so you can manifest what Spirit has in store for you. See what mysteries unfold.

**IN-PERSON Only • Exchange: \$30 • [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. 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](http://sacredspiritryogacenter.org)