

Winter Solstice Sound Bath

with Julie Harris

Saturday, December 18, 2021 • 4pm-5:30pm

Celebrate the Return of Light!



Our Solstice Sound journey connects us to the natural world, stirring new life, light and hope. The deep listening experience drops us into a place of stillness that allows optimal energy flow. The pure frequencies and complex overtones of the vibrational instruments affect all the cells of the body to reduce stress, align and balance the chakras, and promote healing by calming and recalibrating the nervous system.

Exchange: \$30

This event is in person only. Pre-registration is required.

[REGISTER](#)

Julie Harris is an award-winning Native American-style flute player who has studied Sound Healing at the Sound Healing Academy. She is a graduate of the Music for People leadership program founded by David Darling, Grammy Award-winning cellist. She is an ICRT registered Holy Fire II Karuna Reiki® Master, a minister in the Heart River Center for Intuitive Healing and is certified in the IGM®- Isabell Gatto Method of Intentional Wellness. She is an accomplished drummer who performs with master drummer Maxwell Kofi Donkor and his West African drumming and dance band, Sankofa. She plays world flutes, didgeridoo, and percussion in the world fusion ensemble, Heartwood.



In Person Protocols

Pre-registration is required for in-person. No drop-ins. Class size is limited. All in-person attendees must be fully vaccinated. Signed waiver required. The event will be held in Fellowship Hall. The ceiling is 20 ft high. Masks are required when entering the building, walking the halls, and in the bathroom. Once on your mat, you may choose whether to remove your mask. Sanitizing wipes and hand sanitizer are available in the yoga space, hallway, and bathroom. You are urged to 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); sanitize blocks and mat after class and then neatly restore all props



Sacred Spirit Yoga and Healing Arts Center

At South Presbyterian Church

343 Broadway, Dobbs Ferry, NY 10522

sacredspiritogacenter.org