

Aveen Banich in San Antonio



The Alchemy of Sound

San Antonio Yoga Center Lotus Studio 11011 Shaenfield Road

Saturday, April 18th

9am-12pm*

Prepayment Required Cost: \$50

Taught by Aveen and Patricia

"People say that the soul, on hearing the song of creation, entered the body, but in reality the soul itself was the song."

-Hafiz

Come experience the pure and healing tones of gemstone alchemy bowls. Learn how sound can heal and balance us. Experience how beautifully yoga and sound meld to create a deep sense of presence and sovereignty within the body. Scientific studies are now confirming what ancient cultures have long known: music and sound are healing modalities that restore us at a cellular level. Sound is a portal to higher states of consciousness. Sound also crystallizes our intention. We will explore chant, enjoy a beautiful gentle asana practice and delight in the pure tones of gemstone alchemy bowls during an extended and delicious savasana. You will leave feeling restored, renewed and rejuvenated.