

YIN AND GONG BATH

August 5, 2017



Enjoy an evening of deep stretch and deep sound vibration. We will move through Yin and Restorative shapes while being supported & unwound with the comfort of yoga props and the powerful, therapeutic, & mindfully played sound of the Gongs. Join Alex & Fawntice in this magical offering of yoga and sacred sound.

WHEN: Saturday, August 5, 2017, 630-830pm
WHERE: SOULPLAY YOGA (Formerly Goda Yoga)

9711 Washington Blvd, Culver City, 90232

PRICE: \$40 pre sign-up, \$45 at the door