

Sunday Sadhana & Sound Bath

A Sangha Experience with Joy & Eric Stone

May 18, 2024 / 1 PM - 3 PM

\$35 pay in advance \$40 at the door



Join Sound Energy Practitioner, Eric Stone, and Soul Connection Coach, Joy Stone, for an immersive mind-body-soul experience combining movement, mantra, mudra, breathing, meditation & yoga philosophy with sound healing.

*An ongoing, monthly community gathering *sangha* of like-minded seekers*

The Experience

Sound Bath:

Induces deep relaxation, reduces stress and anxiety, promotes mindfulness, enhances mental clarity, and restores energetic balance, fostering overall well-being and inner harmony.

Sadhana:

Yoga poses (asanas) are a key part of sadhana practice, but sadhana goes beyond just postures. It guides seekers through more subtle and deeper practices that include lifestyle choices, mindset, meditation, pranic practices, breath work and personal observances. This leads individuals to a personal connection with the Source, fostering spiritual awakening and liberation.

Sangha:

Experience a supportive environment with our sangha, for a clear path to deepen your spiritual practices. Receive guidance in studying yogic texts, meditation, and self-reflection, emphasizing the broader purpose of yoga. A like-minded sangha community promotes personal growth, inspiration, and a sense of belonging in your spiritual journey.

Light vegan snacks and tea will be served. Bring water, a notebook, a yoga mat, and a beginner's mind.



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