



STUDIOMIX

SPECIAL CLASS

SOUND BATH

Sound therapy can help you break through your physical, mental, emotional, and spiritual blocks. Whether you're an athlete trying to maintain your competitive edge and resolve reoccurring injuries, or you are looking for relief from an array of ailments like stress, chronic pain, digestive issues, depression, sleeping disorders, or weight gain, science has proven that sound vibrations have a strong impact upon our tissues, helping to restore an overall sense of peace within the body. Relax and realign by simply being present as an expert coach creates vibrations through sound bowls and other tools. Come when you can or add this unique sound bath experience to your monthly routine.

Last Wednesday Each Month
8:30-9:15pm
Core Studio

Presented by
Soundembrace

\$20 PER CLASS FOR MEMBERS + GUESTS
rsvp at studiomix.com under "find a class"

@StudiomixSF

