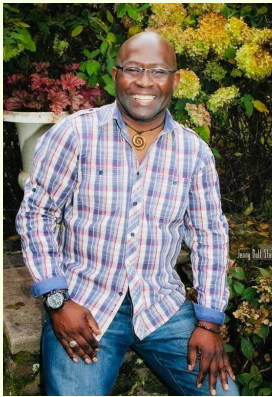


Sound Healing & Yoga Nidra

Saturday, June 4 @ 10AM

Kelvin & Ashley offer a holistic approach to relaxation, transformation & healing through sound & meditation.



During the session, Kelvin plays the crystal and Tibetan singing bowls, gong, ocean drum, chimes & other healing instruments (tools) to activate the relaxation response to calm your mind, relax your body, and nourish your soul. The meditative sounds promote healing from chronic stress, muscle tension, addictive behaviors, sleep disorders, depression, anxiety, PTSD, stuck emotions, unprocessed trauma, high blood pressure, and other stress-related chronic health condition.

Ashley will lead in Yoga Nidra, a meditative technique known as yogic sleep. This meditation process is healing for the body, mind, and soul. It facilitates calm in the autonomic nervous system regulating and putting the parasympathetic nervous system into a deep resting state.



Together, they will create a safe space for you to connect with your body, mind, & soul for rejuvenation, mental clarity, and insight.

The Center for Spiritual Care
in the Sanctuary of First United Church of Christ
34 West Main Street, Milford, CT



Free ~ Love Offerings Appreciated to support upcoming programming