



# New Year's Day Full Moon Sound Immersion Experience

*with Misty and Dev*

**Monday, January 1st, 1:00—3:00 PM, Cost: \$25**

Join Misty Pennington and Dev Shabad Kaur for a unique Full Moon Sound Immersion Experience on January 1. *Dev of Divine Song Yoga and Gong* is a Kundalini Teacher who uses the gong and mantra for healing. Misty is a Reiki Master and Alchemy Singing Bowl Practitioner.

This is a two-hour event. We will begin with some gentle movement to start the session. After everyone is warmed up, we settle into meditation positions. We guide you through levels of relaxation using the gong and crystal singing bowls. Sound is sacred, and it is integral to our healing. Healing occurs when we are relaxed. This will be an especially powerfully healing session due to the combination of using two sound healing instruments. During the full moon, your glandular system is placed under extra pressure. The vibrations of the gong have a powerful effect helping you release that extra pressure. The alchemy singing bowls raise your frequency/vibration and bring your cells into balance.

Since you will be in a relaxed state, you will want to make sure to bring a blanket so that you are warm and cozy while experiencing this unique experience... What a great way to start 2018!