

A L I G N



by Caroline

SOUND ALCHEMY

“because you are the one you’ve been waiting for”

The magic of sound is our medicine and being bathed in an hour of harmonic healing frequencies nourish our body, mind and soul

- When:** Sound Alchemy every Wednesday
Where: La Cachette – 74 Parkway Drive, Ewingsdale
Time: 6.30pm (1hr) Ideally arrive 10 – 15 mins earlier
Cost: \$30
BYO: yoga mat, cushion, blanket etc.

Please confirm your place via text 0420 237 456 and I look forward to seeing you at our private hideaway nestled in the heart of Ewingsdale

♡ Caroline ♡

www.alignbycaroline.com