

With love...@soundbathbysshelly

2026 Winter Sound Bath SUNDAYS 3:45-5:00

Where stillness become strength.

Experience how consistent relaxation practices change your energy and create inner bliss. Join me for this series and feel refreshed, and ready to take on 2026.

Please bring your yoga mat, a blanket and water. And also feel free to bring pillows, eye masks and what ever ya need to be comfy and cozy ♥

February 15

Introduce Heart
Coherence techniques
including

The Inner Stillness
Heart Meditation as
taught by the

HeartMath Institute
Heart opening
Anahata Sound
Bath

March 8

Emergence of light
Infinity Wave
Breath work and
Meditation



Infinite Flow Sound
Bath infusing and
honoring your
inner light.

April. 19

BLOOM WITH
INTENTION

Completely still
Yoga Nidra
meditation.

Parasympathetic
breath work and
Sound Bath for
deep relaxation

RSVP text 317-796-1055
110 East Main Street
Westfield, In 46074

\$35 each or All three workshops
for \$90

Soundbathbysshelly@gmail.com
SPACE IS LIMITED