



Immerse Yourself in

YIN YOGA SOUND & VIBRATION BATH

WITH SHEILA & STEVE

OPEN, RELEASE & RESTORE YOUR PHYSICAL, MENTAL &
EMOTIONAL BODIES

About Your Facilitators

- **Sheila Sereshteh** has a Level I Sound Healing certification & is a former master-level Recreational Therapist with 10 years of experience
- **Steve Janney** is a trained YIN, Restorative and Trauma-informed yoga instructor

This Event is In-Person:

Please bring water, a towel, or mat, and blanket(s) / pillow(s) and anything else that will help you be most comfortable for the duration

WHEN

Monday, June 12th.
7pm-8:15pm

WHERE

Therapeutic Concepts
38257 Mound Rd.
Building D
Sterling Heights, MI 48310

FREE!
REGISTER
ONLINE

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