

RIDE THE WAVES



SOUND BATH JOURNEY

6:15-7:15PM

WEDNESDAY

MAY 17TH 2023

Join us at Wilson's on Forum for a relaxing and stress-relieving experience as you embark on a Sound Meditation Journey. You may choose your adventure- by air or by land. Ride the waves of the sound on the floor or in an aerial hammock. Sound meditation is a very therapeutic form of meditation as the tones and frequencies help to entrain the brainwaves into the more relaxed alpha & deeply rejuvenating theta brainwaves states, as well as, assist the re-attunement of the energetic body.

\$30 Wilson's Members
\$40 Non-Members

**SAVE
YOUR
SPOT!**

Limited to 15 participants-



**BY LAND..
OR BY AIR**

Catina Topash is a certified Yoga Therapist (C-IAYT), certified Sound Healer, holds a Master's Degree in Music Performance, is an E-500 RYT, YogaFit Senior Master Trainer, a Yoga Alliance Continuing Education Provider, and Yoga Therapy Staff member. Catina serves as Wellness and Program Director at Wilson's Fitness, is the creator of the YogaFit Biofield Tuning program, and is the founder of Breathe @JJ's Folly Training and Retreat Center.

**Save your spot
online or in club!**

Wilson's Fitness on Forum | 2902 Forum | Mind & Body Studio

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