

SURRENDER TO SOUND

AN AUTUMN RELEASE SOUND BATH

**WEDNESDAY
OCTOBER 21ST
12:00-1:00PM**

🍂 Nature doesn't fight the change of seasons. It doesn't cling to old leaves out of fear. It simply softens, trusts, and lets them fall to make room for what's next.

If you're carrying heavy thoughts, outdated habits, or mental clutter into this next season, consider this your invitation to gently lay them down.

🎵 Allow the healing vibrations of crystal singing bowls, Tibetan bowls, and more to wash over your nervous system as you practice the art of conscious release—mirroring the falling leaves by letting go of what no longer serves your growth.

Come rest. Come reflect. Come release.

Enroll online (member) or call 573-446-3232

**WILSON'S
MEMBER**



\$35

**+ NON-MEMBER
OPTIONS \$45**



Led by **Catina Topash**, Yoga Therapist (C-IAYT), Certified Sound Healer
Questions? E-mail ctopash@wilsonsfitness.com

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WILSON'S ON FORUM

RED LIGHT STUDIO