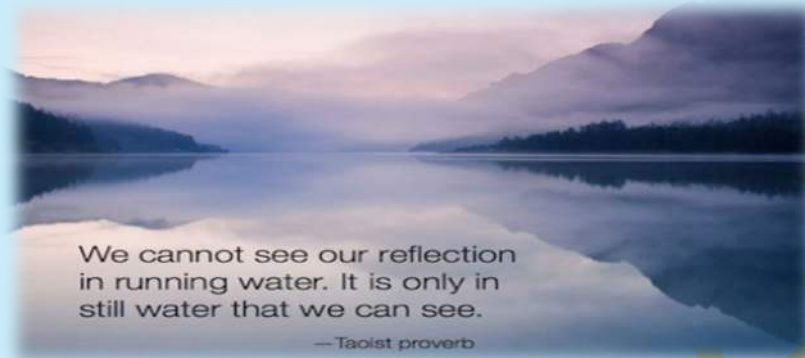


## SOUND SPACE HEALING AND YOGA WORKSHOP

25<sup>TH</sup> MAY 2024 11AM-3.30PM

The Palms Centre, Gorey, Co. Wexford, Y25 P7W8



### JOIN US FOR A DAY OF SELF CARE, RELAXATION AND SELF REFLECTION

11.00am

Fireheart soundspace and Gralife\_wellness offers a 2 hour journey of meditation, reiki healing energies, a sound bath and some space to share and have a small ceremony of reflection and to honor each and each other's journey together.

The journey will start with a meditation, connecting and grounding through some simple techniques that can be used to sooth the nervous system and calm the mind.

1-2PM LUNCH

2-3PM CHAIR YOGA

