

# Yin Yoga & Sound Healing

Join Holistic Counselor Meredith Futernick, MS, RYT-200 as she leads you through 60 minutes of opening and grounding Yin Yoga Postures. Then take in the healing sounds and vibrations of crystal singing bowls during a 45 minute savasana.



Date: Saturday 8/4/18

Time: 4:00-6:00pm

Investment: \$40

Location: Dutchess Studio- Wappingers Falls, NY