Sound Sanctuary offers deep relaxation and attunement to well-being through a combination of sound healing with Yoga Nidra (yogic sleep meditation). Your sound healing journey will immerse you in the sonic resonance of Planetary Gongs, Tibetan and crystal singing bowls and a variety of sound healing instruments. Feel free to bring a pillow, your own blanket or a covering for your eyes!

**Sound Sanctuary dates:**

Yoga Tree -Potrero Studio (San Francisco)

February 15, 2015

May 23rd, 2015

June 21st, 2015

**Yoga Nidra Workshops:**

Yoga Tree-Valencia Studio (San Francisco)

February 28th, 2015

May 17th, 2015

June 6th, 2015

Loriel Starr is certified in Sound Healing through the Sound, Voice and Music Healing Program of California Institute of integral Studies (CIIS) and a Level III Certified iRest® Yoga Nidra Teacher

For more information: [www.lorielstarr.com](http://www.lorielstarr.com)