

HEART BREATH *Sound*



Join Melissa LaScaleia and Adam Bower for a beautiful evening of being deeply with yourself and in Community. Sound and vibration act as a gateway to foster deeper connection with our true selves, and from that place of endless love and joy, we meet one another in pure connection-- what every soul seeks!

Chanting connects you instantly to your heart, our source of neverending bliss and in Yogic practices, is called Bhakti yoga, the path of devotion. It clears energy pathways, heals depression and mental fog, and strengthens our sense of well being by linking us to Divine Light.

Come for an evening of live music, heart expression, gratitude, nourishment and community. If you have a drum or other instrument bring it! All are welcome.

**@ YOGA IN COMMON
SATURDAY, DECEMBER 3
6-7:15PM
\$15 LOVE OFFERING**