

Yin & Yoga Nidra Soundbath

WEDNESDAYS @ 7:30PM

The Yin/Yoga Nidra with Sound Bath will consist of very gentle yin postures followed by a Yoga Nidra or guided relaxing that will allow you to access delta brainwaves, which are responsible for healing and restoration in your body during deep sleep.



About Everitt Allen, Sound Therapist

Everitt has been teaching and playing bowls and gongs for over 18 years and is a sound therapist with specialized training in Tibetan Bowls and Gongs. He completed the Integrative Medicine Oncology Training at MD Anderson Cancer Center in Texas using yoga and sound for healing. He is a certified instructor in using healing Tibetan bowls and has trained students in their use, and offers a certificate of completion. Everitt is a 500-hour Registered Yoga Teacher in both Kundalini and Hatha Yoga, as well as a certified Chair Yoga Instructor with advanced training in Restorative Yoga. He conducts monthly Sound Healing groups and sessions in Chakra Therapy, and has taught workshops and lead classes in England and India.