

Gong Bath

Wednesdays

6:30pm to 7:30pm

Fun and fantastic, let the waves of sound wash over you...

- * meditative
- * relaxing
- * releasing
- * restorative

... just lie down, or sit, and surrender to the sound.

All welcome!



Rose Petruzzi

Enjoys sharing the healing benefits of the gong bath experience. She is a certified Gong Master and studied with Gong Grand Master Don Conreaux. Rose is a certified Kundalini Yoga teacher and artist. Contact her at: loveartandyoga.com or rose@loveartandyoga.com

The Ruby Tree

Sherman Village, 670 Main Street So.
Woodbury, CT 06798
www.therubytreect.com
christina@therubytreect.com

Fee: \$20.00

Students are asked to bring a yoga mat, water, and blanket. If planning to sit on the floor, please bring a cushion or bolster to sit on.