

REGISTER HERE



SOMATIC YOGA & SOUND HEALING

at High Peaks Yoga Shala

SUNDAY, FEBRUARY 25, 10 A.M. -12 P.M.

2733 MAIN ST, 2ND FLOOR, LAKE PLACID | \$50/PERSON

Somatic Yoga with Anna Izzo, 200hr RYT & ACE CPT

Through gentle postures, mindful breathwork, and a focus on internal sensations, this experience will invite you to deepen your mind-body connection, release tension, and cultivate profound awareness.

Sound Healing with Brandon Schatko, Certified Sound Healer

Immerse yourself in the soothing vibrations of Sound Healing. Allow the resonance of singing bowls and other therapeutic instruments to guide you into a state of deep relaxation, promoting balance and rejuvenation.