

RESTORATIVE YIN, SOUND BATH AND MEDITATION

with Ivy and Sherif

SATURDAY 5:30PM-7PM (90 MIN) \$65/PER PERSON

2024 DATES: 10TH FEB | 15TH JUN | 9TH NOV



"AN IMMERSIVE EXPERIENCE YOU'LL NEVER FORGET"

Immerse yourself with an evening of Yin practice while bathing in the deep sound of Gongs, Handpan, Didgeridoos and many more. You'll be guided through a series of restorative Yin postures and deep meditation, suited to all levels of practitioner, while accompanied by nourishing sound and music. The combination of both Yin and Sound Bath will take you deeper into your meditative state, making it easier for your busy mind and your tired body to arrive at a deeper rest.

We will complete the evening with a dedicated 15 minutes immersive sound bath experience to deepen your relaxation and hopefully, prepares you for a beautiful sleep throughout the night.

BOOK ONLINE AT LIQUIDROOM.COM.AU/EVENTS



About Ivy

Ivy is the founder and owner of Liquid Room. She has been a practitioner for more than 15 years and a yoga teacher for more than 7 years. Ivy completed her RYT 200 Yoga Alliance / RYT 500 Yoga Australia Teacher Training and Yin Yoga Teacher Training, focussing on Chinese Medicine philosophy.

Her strong beliefs in both physical and spiritual practice of Yoga are the driving force behind her meditative and therapeutic sessions.



About Sherif

Sherif is a professional musician who performs in shows and events internationally, ranging from large to small audiences, sharing his love of music.

He guides individuals to experience their own deep sense of consciousness through incorporating a harmonic spiritual approach, using meditative instruments such as Handpan, Gongs, Didgeridoos and many more.