



# Yoga, Art and Sound for Stress & Sleep

## Special Workshop with Rose Petruzzi

In this workshop we will be experiencing a gong sound meditation for a prolonged period of time. Often called a “Gong Bath”.

We will prepare ourselves with an easy yoga kriya from Kundalini yoga, connect to the power and wisdom of our breath, and engage in mindful reflection.

Together, these activities with intention will release, restore, and renew our bodies, nervous and glandular systems.

Vibration at certain frequencies commands the subconscious to relax, and subtly works to rebalance the parasympathetic and sympathetic nervous systems.

This can result in better sleep, cessation of “thoughts”, and even relief from pain such as arthritis and fibromyalgia. Results vary with each individual, and does not guarantee the same result for each person.

Please bring whatever you need to be comfortable in a laying down position for an hour. This may include: blanket, water, mat, bolster, etc.

We will be creating art and writing. If you’d like to bring a journal, or supplies, please do.

**MAY 27th, 3:30-5:30pm**  
**Akasa Wellness**  
**Thomaston CT**  
**<https://www.akasact.com/>**