

AUTUMN SOUND BATH



Fall, with its crisp air and vibrant colors, is a season that captivates our senses and beckons us to slow down and embrace its magic. Through sound and vibration, we will celebrate the balance between light and dark, and connect with the natural rhythms of the Earth.



A warm fall ashwagandha tea from Raw Roots Tumeric will be offered at the beginning of the sound bath and each guest will receive a beeswax fall essential oil votive candle to set intentions to.

CATINA TOPASH

Catina Topash is a certified Yoga Therapist (C-IAYT), certified Sound Healer, holds a Master's Degree in Music Performance, is an E-500 RYT, YogaFit Senior Master Trainer, a Yoga Alliance Continuing Education Provider, and Yoga Therapy Faculty member. Catina serves as Wellness and Program Director at Wilson's Fitness, is the Creator of the YogaFit Sound Healer Certificate, and is the founder of Breathe @JJ's Folly Training and Retreat Center.

THURSDAY, OCT 10TH 7-8PM

✔ \$40 members

✔ \$50 non-members



Save your spot online (members) or call to reserve your spot!

QUESTIONS?

Wilson's Hot Studio (no heat) on Forum | 2902 Forum Blvd.

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🌐 wilsonsfitness.com