

REWILDING BREATHWORK JOURNEY WITH EARTHSHINE

Journey back to the root of yourself with this deep and activating combined practice of breath and voice. Earthshine Abigail, a classically trained singer, musical medicine woman, trauma-informed breathwork Facilitator and voice activation therapist will lead playful warmups to open up breath and voice awareness into embodied expression, journey into a 40-60 minute trance breathwork practice and group rewilding vocal expression, where everyone can free their voice. From: 06:00 PM to 08:30 PM \$65

Shine Sanctuary for the Soul

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