

FULL MOON GATHERING OF WOMEN FOR SOUND AND SILENCE

with Cynthia Gramer

Sunday, 2/28
7-9:30pm
\$35



Need to speak up more? Want to speak out more? Looking for your authentic voice? Want to quiet your thoughts and explore the silence underneath all of the sounds? This Full Moon gathering will be an opportunity for us to share our voices and our silence in a safe, sacred and supportive environment.

Those of us blessed with the ability to hear know that sound is a powerful force in our lives. Much of the sound we hear is noise, including much of what goes on between our ears. In this women's gathering we will explore many different aspects of sound through chanting mantras, singing rounds and sharing our thoughts, experience and wisdom. We will also explore the power of shared Silence and the delight that comes from connecting with the deep stillness underneath the words and thoughts that so dominate our waking life.

The energy of the full moon is a natural time of letting go. For this final full moon of winter we will let go of things, beliefs, emotions that no longer serve us and welcome in the new energy and opportunities that come with Spring.

Cynthia has been joyfully teaching yoga in and around Boston since 2002. She has trained in several styles, both rigorous and meditative, and at this point in her practice of teaching she blends elements from Anusara, Yin, Vinyasa, Restorative and Forrest yoga to create classes that serve the needs of students in the moment. Cynthia is also certified Reiki Master. She considers it a privilege to teach and strives to create a space where students feel free, supported and connected to the teacher within.

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Register by filling out this form or email info@ldyoga.com with registration details.

Name: _____ Phone: _____

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Gathering of Women Workshop: \$35 _____

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