

# *Yin Yoga Sound Journey*

Yin yoga guided by Aubrey  
Live music with MeiRòn  
& Kiranjot Kaur.

Sunday,  
August 24th  
Sebastopol, CA  
\$33 - \$55  
4-6pm



"Venture inward through  
long-held restorative  
postures, soul-  
nourishing breath, and  
the gentle embrace of  
devotional music."