

Sunday Spa Day

Hummingbird Yoga Studio / March 31, 2:00-4:30 pm

Our hope for you: To live well and be inspired as you plant seeds of positive intention. Delight yourself in an afternoon of self-care being pampered by our amazing practitioners.

Gentle Heated Yoga Practice

Enjoy the warmth the body creates through the flow of movement, the nourishment of the breath, and the opening of the heart as **Taryn Weil** leads you through a peaceful practice.

Brain Body Work

Experience a simple movement lesson with **Jan Borstelmann**. You will increase your awareness of how you feel your body moving. As the practice progresses with variations, you will feel how your body is shifting as you begin to remap inner patterns to create greater ease of movement and alignment.

Holistic Coaching

Spring is the time for new beginnings. Give yourself the gift of clarity in this session with **Taryn Weil**, Doctor of Occupational Therapy and certified life coach. You will be guided through a short exercise to help you identify your values, gifts, and life purpose.

Body Massage

Wake up the harmony of body and mind as you relax with **Whitney Cammack**. Offering you a truly revitalizing, rejuvenating, and relaxing massage. Giving you a positive influence on your health and sense of well-being as you enjoy the healing power of touch.

Heart-Light Alignment

As an Intuitive, **Shoshoni Despain** will offer intuitive Angel Tarot readings and the Toltec practice of Energetic Cleansing using prayer, spirit guides, and an egg, also known as Limpia. You will have the individual opportunity to spend time with Shoshoni.

Guided Meditation/Chakra Alignment

Take an adventure into your soul as **Carolyn Caputo** leads you through furthering your development of intuition, direction in guiding self through relaxation, stress relief, healing and how to incorporate more mindfulness in your daily life. With the added focus on balancing chakras for ultimate healing.

Crystal Singing Bowls

In closing, rest in the stillness of the pure tone of the crystal singing bowls as **Shoshoni Despain** plays, producing a vibrational sound field which resonates the light body chakra and corresponding physical area. A series of pure crystal tone therapy facilitates the rebalancing of each receiver back into an elevated level of etheric radiance.

Sign up for \$40.00 or \$45.00 day of

Ruth: 208-317-0994 / 47 S. Main St. Driggs, Idaho / www.1hummingbirdyoga.com