



Restorative Yoga and Sound Therapy Community Class

For centuries humans have used sound, vibration, meditation, and yoga as a means of calming the mind and soothing the body. Modern-day research has proven what our ancestors knew intuitively that music and body movement possess therapeutic benefits.

Utilizing a combination of these modalities, this class provides a 60-minute restorative yoga and sound therapy experience that focuses on relaxation and rejuvenation. Participants can choose to rest comfortably or gently move through simple stretches while receiving the healing benefits of sound from a variety of instruments: singing bowls, chimes, drums and gongs. Cushioned mats and bolster cushions are available for use. We recommend participant bring a yoga blanket or light covering.

Scripps Encinitas Rehabilitation Services

1092 N. El Camino Real
Encinitas, CA 92024

First and Third Saturdays
Community Class: 9:30 a.m.
Cancer Survivors and Caregivers: 11 a.m.

Shiley Sports and Fitness Center

10820 North Torrey Pines Rd.
La Jolla, CA 92037

Tuesdays
Cancer Survivors and Caregivers: 2 p.m.

Space is limited, please
call in advance to register:
858-554-3488

Mask and Social Distancing
are mandatory.

Cost: Free

