

Sound Bath

with Lila

Sound has been around since the beginning of times. Ancient civilizations use Sound as a tool for healing the body and mind. Sound can be experienced in many different ways and each time will never be the same.

In a group circle, the exploratory experience intensifies bringing states of happiness; the physical body releases to get rid of unnecessary tension allowing for peace of mind. Sound Circle begins with coming together with any instrument, including voice, for exploration through Creativity in Community. Feel free to bring your own instruments. Friends and Family Oriented. Cost is \$20.00 for individual and \$30 for families.



Lila is native from Cidra, Puerto Rico. She served in the United States Navy as an Operation Specialist; during that time, she earned a Bachelors of Arts in Criminal Justice from Saint Leo's University and traveled many places around World, including Italy, Mexico and Dubai. She was led to the Body Mind Spirit philosophies while pro-cessing her own pains and discovered that Western Medicine was limited

in its approach. Now, she is a Bodyworker, Teacher and Graduate from the Cayce/Reilly School of Massage at the Edgar Cayce A.R.E. and the Himalaya Yoga Center in Goa, India. She is also an Ordained Minister, Reiki Master and plays the Crystal Singing Bowls. She humbly draws inspiration from all of her teachers. Her path has led her to combine knowledge and experiences from different tradi-tions. Her style is eclectic and her main practice is Yoga.

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sattvic space