

# LIGHT BODY ACTIVATION

WITH NELI, LARA AND SONIA

Join this transformational experience of cleansing and activating your Chakras - removing the noise and resistance from your body and biofield and creating an effortless flow in your life.

We are uniting the healing properties of Restorative Yoga, Qi Gong as Movement medicine and the internal Movement Meditation with the Sound of Crystal and Tibetan Singing bowls, high frequency tuning forks and your own best tuning device - your voice. Aligning you to your natural frequencies of high vibrations throughout your biofield that brings you into a state of harmony and balance.

Sound Healing Bath will close the session to crystallize all the work done on the chakras and meridians during the session. You will be able to feel your Light Body expanded and bright, and to translate that peaceful state into every action afterwards.

The event will be led by Neli, Sonia and Lara, all deeply passionate about helping people bring more balance and harmony in their life.

Suitable for complete beginners. Please follow a clean (vegetarian or vegan) diet, keep hydrated and avoid coffee and any other stimulants at for least 24 hours prior to the event for maximum benefits.

🌿 **Date:** Saturday 18 May

🌿 **Time:** 10am-12pm

🌿 **Investment:** AED 235 – Buddy offer: Bring a friend and get 10% off.

Book your place by emailing

[info@bodytreestudio.com](mailto:info@bodytreestudio.com)

+971 2 4434448 [www.bodytreestudio.com](http://www.bodytreestudio.com)

All prices are inclusive of VAT.

What is included:

- Chakra Balancing (2 hrs)
- Restorative Yoga
- Qi Gong
- Movement Meditation with the Sound of Crystal & Tibetan Singing bowls
- Reiki Healing
- Biofield Tuning with Tuning Forks
- Pranayama (breathing exercise)
- Sound Bath: Crystal bowl, Tibetan bowls, Crystal Lyra, Kalimbas, Drum, Shaker, Tingshas, Voice
- Deep relaxation

