

February 28, 2011  
7-8:30pm  
Foresight Studios  
3501 W Sunset Blvd  
LA 90026  
\$20 cash only



# An evening of Yoga and Sound Healing

with yogi Jeff Bass and sound healer Daniella White

Please join us in Silverlake for an Anusara-Inspired yoga practice led by Jeff Bass, followed by a savasana sound healing with Daniella White. Using crystal bowls and her voice, Daniella will create a sound bath of rejuvenating frequencies. The combination of these two powerful practices will help bring movement to your chi and guide your body to self healing.

This will be Jeff's last class before he leaves Los Angeles, so please join us on this special night!



[www.soundsynergy.net](http://www.soundsynergy.net)

[www.jeffbassyoga.com](http://www.jeffbassyoga.com)