



# YOGA CAPE MAY

*SOUND HEALING MEDITATION*

*November 4, 2018 3:00 pm*

*The Marianist Family Retreat Center*

*417 Yale Ave, Cape May Point, NJ*

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

**\$20.00 Pre-Registration and Pre-Pay  
Required.**

*Sound Healing is an ancient tradition that uses vibrational sound to quiet the mind, relax the body and reduce stress. Vibrational sound creates a deep sense of peace, wellbeing, and improved health.*

*Denise Anthony, Certified Sound Healer*

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