

This event has ended.



Sep 18



Guided Imagery Journey Followed by a Sound Bath

IAW Foundation LA Rising Leaders Chapter presents Guided Imagery Journey Followed by a Sound Bath. Mind-Body Healer: Mina Khanaman

By [IAWF](#)

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When and where



Date and time

Sun, September 18, 2022, 11:00 AM – 2:00 PM PDT



Location

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How to get there



Refund Policy

Contact the organizer to request a refund.
Eventbrite's fee is nonrefundable.

About this event

Our Time Together: our time together starts with a short grounding meditation to help us drop into our space, followed by an opening circle where we can personally and collectively set an intention for our time together. From there, we will lay on our mats, and Mina will guide the group on a guided imagery journey followed by Sound Meditation. We will spend the last 30 minutes of the gathering in an integration circle, journaling and connecting and enjoying some refreshments.

Please arrive at least 15 minutes prior to the start of the gathering to set up.

What to bring: Yoga mat, Pillow or Meditation pillow to sit on, Blanket (you do want to be cozy during our journey), Water bottle, eye mask (optional), your journal (optional). Any personal Crystals you like to bring with you to charge at the altar (optional). Any other items you think you will need to have a more pleasant experience.

Dress code: Comfortable clothes in white or light colors to help elevate your aura and energetic field.

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California Events

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Los Angeles Health Other

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Organizer of Guided Imagery Journey Followed by a Sound Bath



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