



5917 Airport Way South  
Seattle, WA 98108  
[yogasmithseattle.com](http://yogasmithseattle.com)

# YOGA SOUND BATH

With Joel Benjamin and Daniella White

Thursday, February 27, 6 – 7:30 pm

Exchange is \$25 pre-paid / \$30 at the door

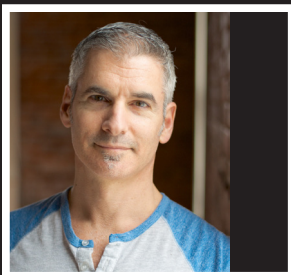


Join yoga teacher Joel Benjamin and sound healer Daniella White as they combine the power and depth of two complimentary practices designed to harmonize and heal.

Joel will lead you through an all levels yoga practice, accompanied by the healing frequencies of Daniella's crystal bowl playing. At the end of your yoga practice, you will enjoy an extended sound bath savasana while Daniella bathes you in vibrations that will help you reach states of deep relaxation.

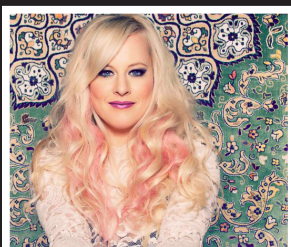
This workshop will assist you in releasing any energies, thoughts, and patterns that are no longer serving you, and also help bring revitalizing energy into your body and mind. You will leave feeling refreshed and “re-tuned”, with a sense of restored balance in your mind, body and spirit.

**To register, email Joel Benjamin at [joelb@yogasmithseattle.com](mailto:joelb@yogasmithseattle.com)**



## ABOUT JOEL BENJAMIN

Yogasmith director, Joel Benjamin and his partner, Brad have lived in Seattle for over 20 years. Joel has been practicing yoga since 2000 when the reality that George Bush was elevated to leader of the free world literally drove Joel out of the gym and into the yoga studio to find some peace of mind. He went on to receive teacher trainings from Theresa Elliot and Kathryn Payne in 2003, and Max Strom in 2008. Joel teaches what he calls Classic Hatha Yoga. Each of his classes focus on meditation, breathwork, yogic philosophy, in addition to the postures. Joel sees yoga as the most ancient self-help system on the planet. Of the many health benefits yoga provides, Joel's inspiration to teach arises from yoga's most important end product — better human beings.



## ABOUT DANIELLA WHITE

Daniella is an Usui Reiki Master and certified Sound Healer. She has studied the effects of sound on the brain and body, and in 2005 she completed a sound healing training course taught by renowned teacher and healer, Tom Kenyon. She believes that through the application of sound and positive intent, we can bring balance to the mind and body. Frequency can be utilized to shift matter and consciousness, and positive vibration can be healing medicine for the body and spirit.