

“Rise and Shine”

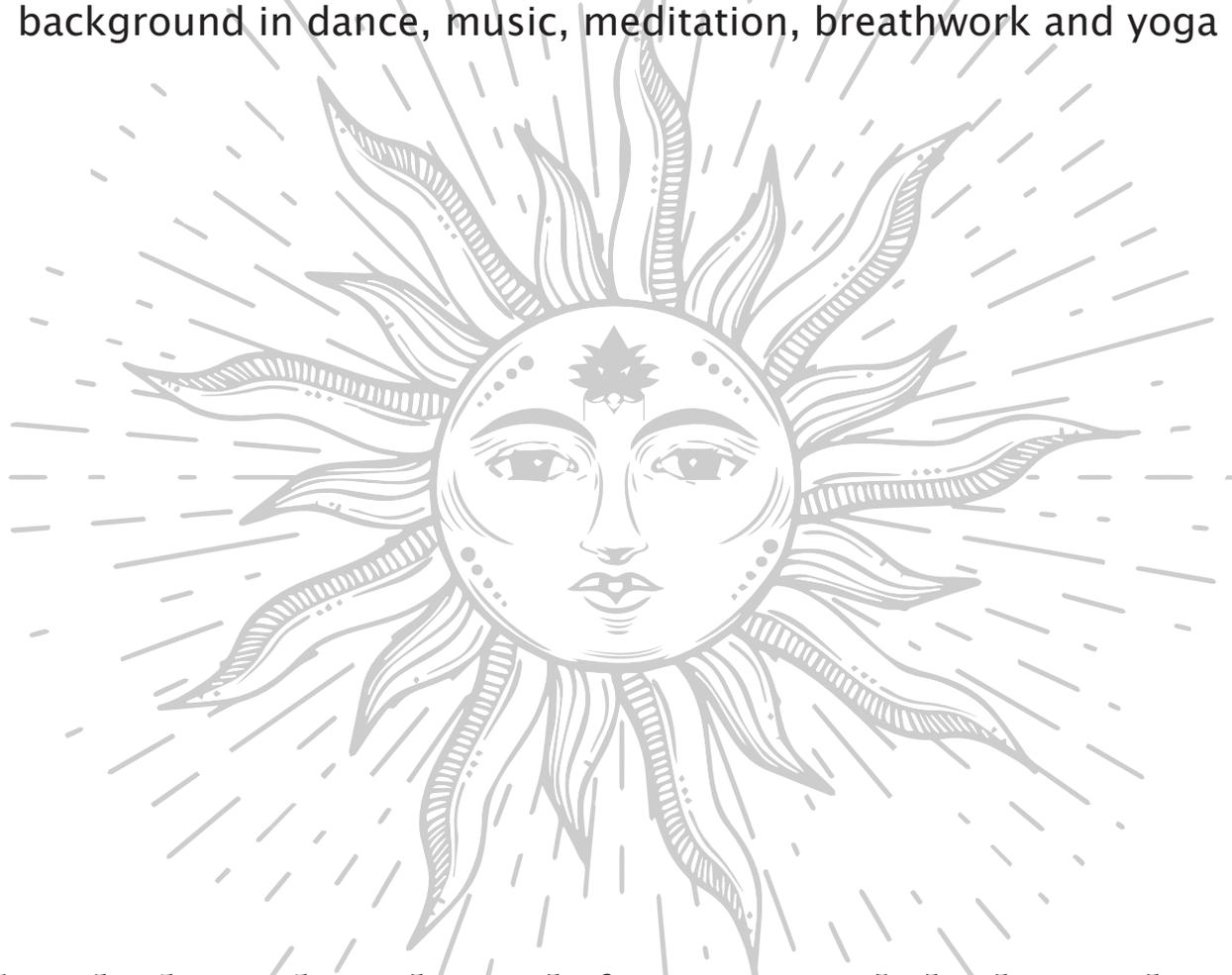
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SunJay

Somatic Movement for Body, Mind & Soul

Mondays & Wednesdays 10:00 - 11:00am- \$5 a class

PINE MOUNTAIN CLUB HOUSE - CONDOR ROOM

SunJay weaves together many healing modalities from her extensive background in dance, music, meditation, breathwork and yoga



Explore body wisdom through five universal rhythms inherent within our nature that foster well being, improve flexibility, maintain stamina, build core strength & increase vitality

Sarah-Jane Owen aka 'SunJay' is a shamanic healer, internationally certified yoga instructor, vibrational sound practitioner, aromatherapist & plant intuitive

Bring a mat, blanket and water bottle

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