

Sound Journey Workshop

Jeremy Arndt



\$25
\$35 after Jan. 15

Join Jeremy as he brings instruments from his travels around the world to create a unique musical experience. The workshop has elements of meditation, simple yoga asana, teachings, and sound of the didgeridoo, handpan, meditation bowls, and more to take students on an inward journey.

After the initial meditation and warm-up asana practice, you'll lie down and receive individual sound massages with instruments.

Class limited to 15 students. All levels welcome.

www.JeremyArndt.com

www.JeremyArndt.com/themusic.html

Jeremy Arndt is a Michigan native, yoga practitioner, and musician. He specializes in playing music for yoga classes on instruments from around the world, including the handpan (Hang, Halo), didgeridoo, and various percussions. The handpan is a very new and rare instrument. Its beautiful melodies and rhythms complement yoga classes perfectly. For the last three years, Jeremy has traveled the world playing music and studying a variety of world music traditions in 14 countries on 3 continents. He has played yoga classes around the US, been featured on the Yoga Chat with the Accidental Yogist (LA), and played live on college radio in Los Angeles. He has also performed in Bulgaria, Spain, Germany, Morocco, and Mali.

Call Cascade Yoga at
616.464.1610 to register!

Payment & pre-registration secures your spot.