

Carlsbad Newcomers

Presents

Amanda Domnitz

Sound Healing



Wednesday, December 4, 2019
Carlsbad Senior Center, Activity Room
799 Pine Ave., Carlsbad, CA 92008

9:45 a.m. **Socializing—free refreshments!**

10:15 a.m. **Meeting and Presentation**

11:30 a.m. **Adjournment**

*Recently, sound healing has emerged as an alternate wellness modality. Some Doctors now prescribe sound healing therapies including drum circles and group singing. **Amanda Domnitz**, RN, RSH, E-RYT will share easy and fun sound healing techniques you can use immediately for health, and connection to Source Energy.*

After 16 years as a Registered Nurse, Amanda is now an educator and maverick in Sound Healing. She orchestrates a Sound Healing Education Program with the faculty at the “Soul of Yoga” in Encinitas. Amanda focuses on empowering individuals through the experience of Sacred Sound. She is the founder and director of the Soul of Yoga Sound Institute and co-owner of the gallery & studio, “Sacred Sound of the Soul”.

Newcomers meet monthly on 1st Wednesdays at the Carlsbad Senior Center:
Newcomer information: **760.574.7472** or www.carlsbadnewcomers.org

