

Toning Workshop

w/ Mary-Joy Neuru April 7th, 2024



What a Fun time!! The Workshop kept us busy Breathing, Humming and Toning all afternoon. We learned the "how to" of it all, as well as how to diagnose 'where' in the body any dis-ease resides. So easy!! Thank you to Mary-Joy and especially to Liz Anchondo for the beautiful food offerings and to Jan Burke for opening her beautiful and warm home for this event.





We finished the afternoon with a Singing Bowl Meditation in Jan's beautiful high ceilinged home. Such incredible acoustics! Then enjoyed the best salad and dessert feast imaginable. **Thank you all for attending!!**