

THE ELEMENTS OF TRANSFORMATION: A JOURNEY THROUGH MOVEMENT & SOUND

with Tricia Fitzgerald Murray



MINI-SERIES | 4 Sessions | Sundays 12:30 - 2 pm
Jan 12, Jan 26, Feb 16, March 2

Join for a transformative series that combines movement and sound, taking you on a journey through the four powerful elements—Earth, Water, Fire, and Air. Each class is designed to help you cultivate a deeper connection to your body, mind, and energy, while exploring the natural forces that influence our lives and well-being.

Through movement and sound experiences, this series will guide you to feel stronger, more balanced, and more centered. Whether you're looking to build strength, release tension, boost energy, or find mental clarity, this journey through the elements will support your personal growth and transformation.

Each session will focus on one element, with movement and sound carefully chosen to reflect its qualities. Together, we'll explore how grounding practices can enhance stability, flowing movements promote flexibility, energizing flows spark motivation, and breathwork encourages mental clarity.

This series is for everyone, whether you're new to yoga or a seasoned practitioner. Come as you are, and experience how the elements can help you achieve greater physical vitality, emotional release, and mental focus.



Tricia Fitzgerald Murray

LIMITED SPOTS AVAILABLE

\$120 MEMBERS | \$160 GUESTS

REGISTER ON THE APP, OR EMAIL
HEATHERH@WAVERLEYOAKS.COM

1. **EARTH:** BUILDING STRENGTH & STABILITY 🌍

3. **FIRE:** BOOST ENERGY & MOTIVATION 🔥

2. **WATER:** EMBRACE FLOW & FLEXIBILITY 💧

4. **AIR:** FIND LIGHTNESS & CLARITY 🌬️