



WAVERLEY OAKS  
ATHLETIC CLUB

# FLOW & Sound

with  
TRICIA FITZGERALD

*Spring Awakening: Flow & Sound Bath*



**03.23.2025**

Waverley Oaks Athletic Club

exhale studio

12:30pm - 2:00pm

**GUIDED**  
YOGA FLOW

**RELEASE TENSION**  
DEEP RELAXATION

**CRYSTAL**  
SINGING BOWLS

**\$30 MEMBERS \$40 GUESTS**

Register on the APP, Front Desk, or  
email [heatherh@waverleyoaks.com](mailto:heatherh@waverleyoaks.com)

# Flow & Sound

with  
TRICIA FITZGERALD

## *Spring Awakening: Flow & Sound Bath*

Celebrate the arrival of spring and the renewal it brings! Join for a yoga flow and sound bath experience designed to help you shed the heaviness of winter and step into the vibrant energy of spring.

This all-levels workshop begins with a 45-minute vinyasa flow to awaken your body and mind. As we move through the poses, we'll cultivate warmth, mobility, and presence, connecting with the earth's awakening energy. This flow is perfect for both beginners and experienced yogis, offering modifications and challenges to suit your individual needs.

After an invigorating flow, lie back and relax as you're bathed in the soothing sounds of crystal singing bowls.

Imagine the gentle tones washing over you, releasing tension, and inviting you into a state of deep relaxation and renewal. This serene sound bath experience promotes a sense of peace, reduces stress, and enhances your overall well-being.

The Spring Equinox is a time of new beginnings, and this workshop is designed to help you plant seeds of intention for the season ahead. As you move and breathe, you'll create space for fresh energy and inspiration to flow through you. Leave feeling revitalized and ready to embrace the blossoming possibilities of spring! No prior experience is necessary—just bring an open heart and a willingness to unwind.

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[heatherh@waverleyoaks.com](mailto:heatherh@waverleyoaks.com)