

*Yoga Center of Carmel*  
Presents  
**Release Restore and Resonate**



with  
Krystle Dawn Truncala  
Peter Konikowski and Rick Chelew

**Sunday, October 29, 2017 | 4:30–6:30 PM**  
*\$30 Pre-Registration - \$40 At the Door*

Enjoy a gentle and effective journey of inner nourishment. During this session Krystle will guide a spinal release, restorative sequence and guided relaxation, while Peter and Rick bless the space with sacred sounds and instruments.

Co-creating a resonate field to awaken awareness and arise transformation, traveling from the anatomical layers to the subtle blissful layers of being.

Deepen, in ancient wellness practices with centering inspiration of sound and movement to center, balance, calm, revitalize the body, mind, spirit commUnion.



To Pre- Register | Contact Kathleen by email [yogacarmel@aol.com](mailto:yogacarmel@aol.com)  
Yoga Center of Carmel Sunset Center, Cottage #18, 10<sup>th</sup> Ave. between SanCarlos and Mission St. Carmel, CA