

# *“Rise and Shine”*

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## *SunJay*

*Somatic Movement for Body, Mind & Soul*

**Mondays 10:00 - 11:00am \$5 a class**

SunJay weaves together many healing modalities from her extensive background in dance, music, meditation, breathwork and yoga



*Explore body wisdom through five universal rhythms inherent in our nature that foster well being, improve flexibility, maintain stamina & increase vitality*

Sarah-Jane Owen aka 'SunJay' is a shamanic healer, internationally certified yoga instructor, vibrational sound practitioner, aromatherapist & plant intuitive

*Bring a mat, blanket and water bottle*

**WWW.SUNJAYSMEDICINE.COM**