



SACRED ALCHEMY OF SOUND




Thursday, November 20, 2025
11:00am-12:00pm

Join us in the beautiful and historic Cooper Adobe Skylight Room for a mid-morning reset - offered twice monthly. Savor the sweet vibrations orchestrated by Heart-Centered Sound Alchemist, ValiAnna, and shift your heart, body, and soul into balanced alignment. Through the blending of crystal bowl frequencies and voice, ValiAnna will help you shed what weighs you down and elevate to a higher state of relaxation and centeredness. You are invited to bring your yoga mats if you prefer, but chairs will be made available.

**REGISTER
NOW!
\$37**



 Cooper-Molera Adobe
506 Munras Ave, Monterey 93940
Skylight Room

 www.coopermolera.org
www.sacredsoundsmonterey.com