



### **Crystal Singing Bowls, Meditation & Flow Bios:**

#### **Shelly Grande**

Shelly Grande is a Reiki Master, Yoga Teacher and Creator of Malas. Her mission is to share the self love practices that continuously elevate her out of fear based living into heart centered limitless possibility.

#### **Mike Cinilia**

Mike Cinilia is a medical provider, yoga teacher, and shaman. He offers a convergence of these paths bringing a new form of healing and inspiration.

#### **Ankati Day**

Ankati Day offers sound healing, yoga classes, and yoga teacher trainings around the Seacoast. She is a poet, ceremonialist, dog mama, and creator of sacred space who prefers forest paths to city streets any day.