

Wrap up the Year with Intention



Marian McNair

Marian McNair, of Cellular Harmonies (CellularHarmonies.com), is offering Restful Yoga with Sacred Healing Sounds of Crystal Bowls and Voice, at Samadhi, A Yoga Studio, from 7 to 8:30 p.m., December 7, and the first Sunday of each following month.

McNair says, "Sound healing is an ancient healing art that has been used for thousands of years by many traditions. Using pure tones of crystal bowls and voice brings our heart into a state of calmness and bodies into peace."

McNair will also host a Timeless Day Spa: Releasing the Old and Manifesting Your Dreams for 2015, from 5 to 7:30 p.m., December 31, at the Salt Cave Timeless Day Spa. McNair says, "Be a part of this great tradition with vibrational sounds and new dreams for your life in the healing salt cave. Allow the element of fire to bring in the new. What is your heart's desire?"

Samadhi—Cost is \$25. Location: 1312 Waukegan Rd., Glenview. To register, call 847-730-3677 or visit SamadhiaYogaStudio.com. Salt Cave—Location: 1324 E. Ogden Ave., Ste. 100, Naperville. Register at 630-428-0700. For more information, visit TimelessDaySpa.com.

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Marian McNair, MATC, MFA

847.234.0193

mariansings@gmail.com

cellularharmonies.com