

Bob Sima's Full Body Musical Experience



Aurora Corporealis



"Sima's music will strongly appeal to people who engage in yoga and meditation practices, due to its lyrical focus on the breath and living peacefully within the present moment." ~Erica Roberts, www.themindfulword.org

Our bodies fluctuate between balance and imbalance multiple times throughout the day. Imbalance can be identified on many levels - physical, emotional, mental, dietary, intellectual, spiritual, etc - and can flow through multiple levels at any given moment. Since an imbalance does not always present in physical form (eg aches and pains) within our body, detection must be felt through our internal energy system. How can we reach the obvious and unseen energies within us?



The Full Body Musical Experience is an intentional chakra balance. It reaches the space where the divine and the human intersect, where the physical meets the non-physical, where the body-mind-spirit merge. It is a uniquely personal journey for insights, heightened levels of awareness, epiphanies, deep relaxation, transformations, and inner peace.

The Full Body Musical Experience is a 3-4 hour session where the intention is set to go on a deeply personal journey. It is a multi-dimensional experience of discussion, guided meditation, live music, conscious breathwork, sound, and light. Each of the 7 major chakra centers is intentionally awakened during this beautiful inward journey. This is a repeatable program with heightened interest among the yoga community.

Bob Sima is an award-winning singer-songwriter and creator of Practical Breathwork which bridges mystical teachings of ancient pranayama and meditation with modern day practices to guide clients to build a breathwork practice which results in optimal health, balanced emotions, and renewed spirit.

www.bobsima.com



Shannon Plummer is a powerhouse strategic visioning and intentional creation coach wrapped in a divine package. Shannon is an instrument - an engaged observer to the story of your life. She will guide you to and through the blind spots, allowing your higher self and vision to illuminate the true passion that lies within.

www.speakmypassion.com

"If you want profound music that resonates with a spirituality, that is not in denial, that is grounded in reality, that cherishes all experiences – pain or joy – as a doorway to awakening, and at the same time is enthusiastically reaching for the boundless dimensions and the miraculous... then allow your body, heart, mind, and soul to be serenaded, ravished, bathed, and blessed by the creative transmissions of Bob Sima's words, voice, and music." ~Jessica Dibb, Director, Inspiration Consciousness School