



## Resources

*Tibetan Bowls and Gongs : Everitt Allen <https://soundtherapyofthepnw.com/>*

*Yoga Nidra/iRest: Dr. Richard Miller <https://www.irest.org/>*

*Yoga Nidra on Utube: Khammi Desai <https://www.kaminidesai.com/>*

*Meditation: Chase Bossart <https://www.yogawell.com/>*