

## **Sonic Soul Yoga**

**By Ricky Q.**

Step into a space of deep restoration.

Sonic Soul Yoga is a transformative class designed to reset your nervous system and reconnect you with your inner stillness. Through a carefully woven journey of slow vinyasa flow, yin postures, sound therapy, and hands-on Reiki, each session guides your body and mind toward profound healing.

Intentional movement and meditation open the body's energetic channels, preparing you for an immersive sound healing experience — crystal singing bowls tuned to 432 Hz therapeutic frequencies, whose resonance washes over you as you surrender into stillness.

The session is completed with hands-on assists drawing from the **Usui Shiki Ryoho** lineage of Japanese Reiki, helping you channel your own life force energy and emerge feeling light, calm, and refreshed.

*This class is for anyone ready to slow down, tune in, and come home to themselves.*

### **Ricky Q. Bio.**

My name is Ricardo Quiñones, and I am a yoga teacher, visual storyteller, and wellness practitioner devoted to guiding others toward deeper presence, balance, and connection.

My journey with yoga began over a decade ago as a way to reconnect with my body while navigating the demands of a fast-paced life in New York City. What started as a physical practice gradually evolved into a profound path of self-discovery and healing, one that ultimately led me to teaching and sharing yoga's transformative power with others.

As a teacher, my mission is to help students tune their minds and bodies to higher frequencies of presence, peace, and possibility. Through yoga, we cultivate the awareness and tools to shift from noise to harmony, from tension to flow, and from distraction to clarity. To me, yoga is the art of coming home to yourself. By integrating movement, breath, and stillness, I guide students to recognise their agency in shaping their inner state, cultivating resilience, balance, and a deeper connection to themselves and the world around them.

My approach is informed by a diverse background in both the arts and wellness. In addition to yoga, I offer personalised Reiki healing sessions designed to promote deep relaxation, balance energy centers, and support overall well-being. I also integrate sound healing practices using 432 Hz frequencies, often referred to as the "heartbeat of the Earth", to gently guide the body and mind into harmony while supporting the release of blocked energy.

Through all of my offerings, my intention is to hold space for others to reconnect with themselves, access their inner resilience, and align with a greater sense of harmony in their lives. The most fulfilling aspect of my work is witnessing transformation, sometimes subtle, sometimes profound, and creating inclusive spaces where students feel seen, supported, and empowered to grow both on and off the mat.

