



Earth ∞ Ether

Movement • Breath • Healing.

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Sonali Bhat presents



Earth ∞ Ether

A Dance & Energy Healing Circle

*A soulful fusion of Somatic Dance Movement & Breathwork:
This workshop is a space to move gently, release deeply, and restore energetically.
You'll leave feeling grounded, light, and reconnected to yourself.*



Breathwork: Nervous System Regulation



Visualizations: Guided Imagery



Conscious Warm-Up: Breath-Guided Movement



Therapeutic Dance & Movement: Emotional Expression



Sonali Bhat is a somatic movement facilitator and certified Pranic Healer. After years of dancing with grace and practicing subtle energy work, she created Earth and Ether as a space where softness, stillness, and embodied healing come together.