

## Upcoming Events Sponsored by *Bliss Music Therapy*:



Come participate in drumming and gentle stretching and relaxation, while overlooking a beautiful coastal scene in San Diego. Music Therapists, Davida Price and Darci Fontenot, and Certified Yoga Instructor, Anna-Maja Dahlgren, will come together to bring you this event. This will be for the beginning to advanced practitioner of yoga and drumming and will focus on well being and joy. Bring your friends for this Sunday morning treat!

**Date: Sunday, December 5th, at 10:00am**

**Place: Crown Point! Look for the Yellow Flag**

**Cost: Donation based, free or give what feels right.**

**Bring: A yoga mat or towel and sunscreen!  
If you'd like, bring a chair to sit in for drumming  
and a drum if you have one.**

***\*\*\*Drums will be available to borrow!***

### **Directions to Crown Point:**

- From South or East San Diego, take I-8 to the Sports Arena Blvd. exit, make a right onto West Mission Bay Drive and continue straight to Ingraham Street. Cross over 2 bridges then go right onto Crown Point Drive. Several large parking lots will be on the right-hand side.
- From North San Diego, take I-5 to the Sea World Drive exit, make a right onto Sea World Drive and continue straight to Ingraham Street. Cross over 2 bridges then go right onto Crown Point Drive. Several large parking lots will be on the right-hand side.
- Parking is free in these lots.

For more information on events, what Bliss Music Therapy offers, and to read Davida's Blog, go to [www.BlissMusicTherapy.com](http://www.BlissMusicTherapy.com).