



Soul-cial Circles

SOOTHE AND SATIATE THE SOUL

SOUND SOOTHER

SOUND BATH MEDITATION

Join us on the first and third
Thursdays (May,
November, December)
starting in February at
Hermitage Farms

Experience the relaxing
resonance of crystal bowls
and try grounding in our
standing singing bowl!

Come with mats & any
comfort items needed, like
blankets, and/or pillows to be
able to relax & release.

Chairs will also be available

7 pm-8:30

\$25 (cash preferred)



Benefits

A sound bath is an immersive,
full body, listening experience
that uses sound to create
therapeutic and restorative
relaxation to soothe the soul,
body and mind. The resonant
vibration of the crystal singing
bowls helps to reduce stress,
leaving you feeling refreshed and
rejuvenated.

Registration Required

Email to register or with questions

connect@soul-cialcircles.life

www.soul-cialcircles.life