



*Soul-cial Circles*

SOOTHE AND SATIATE THE SOUL

## SOUND SOOTHER SOUND BATH MEDITATION

4th Thursday of the month

Hermitage Farms

6415 West River Road NW

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.

(Dates vary, Aug, Oct, Nov & Dec, check schedule on website when registering)

7 pm-8:15

\$20



### **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**

Register using QR code at left or email with question or for direct link

[connect@soul-cialcircles.life](mailto:connect@soul-cialcircles.life)

[www.soul-cialcircles.life](http://www.soul-cialcircles.life)