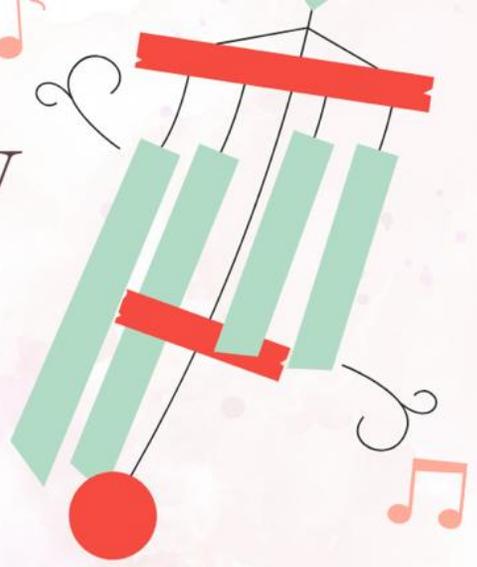


GWIS and CHAW *Sound* BATH



EVERYbody Thrives Sound Bath

You'll be guided into a peaceful state of rest using a blend of crystal singing bowls, chimes, and other healing instruments. The session begins with a brief introduction to sound meditation, followed by gentle relaxation cues that lead you into your own tranquil "sound cocoon."

March 30th at 6:00-7:15pm

Please arrive by 5:50 pm to get set up.
There will be no late entry once the session starts

Claude Pepper Auditorium



What to Expect:

- A sound bath promotes balance, presence, and peace
- A passive, full supported experience
- A prompt start at the top of the hour

What to Bring?

- A yoga mat or a comfortable mat to lie on
- A blanket, pillow, and any other items to help you feel cozy and supported