



Sounds of Gratitude

Come relax, release and breathe

Wednesday, May 15, 6pm—7pm

ECC Common Area

This meditative journey allows you to completely let go and rejuvenate your entire energetic body using powerful sound vibration. Crystal singing bowls, gongs, pyramids, drums, flutes and other instruments are used to produce healing energies to induce relaxation, expansion, clearing, and rejuvenation on every level of your being. The vibrations produce a deep state of relaxation as they balance the brain hemispheres, release stress and muscle tension and stimulate the flow of our vital energy. You will leave feeling deeply relaxed, peaceful, and more “in-tune” with who you are. **Bring a yoga mat or blanket and sign up on TurboRoster for this Membership Appreciation class.**

If you enjoy our free taste of sound and mindfulness, sign up for:

Mindfulness Through Sound Sessions

May 22, May 29, June 5

6—7pm, ECC Common Area

A three part dive into understanding how sound therapy works to relax the body and mind; talk and experience.

Week One: Why Use Sound - The Tune Up A little discussion on the magic of tuning forks and a tuning fork bath with on body tune up with the Otto 128 tuning fork.

Week Two: Vocal Tuning and Tibetan Bowls The most powerful healing tool is your voice. Learn how to chant and tone to clear blocked channels.

Week Three: Crystal Healing Crystal bowls both frosted and clear resonate directly with the body. Come experience the magic of a crystal sound bath.

\$69/M; \$81/NM. Min. of 4 and Max. of 10. Instructor: Karen Stephenson

30-0522

Worcester



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For more information:

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