



Town of Colden Adult Recreation

VIBRATIONAL SOUND

BATH WITH JOELLE

**Please join us for a Sound Bath
Friday, November 6th - 7-8 pm at the
Colden Senior Center**

\$20 per person (paid directly to the instructor).

Please text (716)207-0010 or email
sunflowersandskeletonsyoga@gmail.com to pre-register.

This ancient healing practice immerses the full body in a meditative experience. With the use of chakra resonating crystal sound bowls, Tibetan, sound bowls, drums, and other historic instruments, your body will be surrounded and flooded with healing, sound waves, frequencies and vibrations. While laying on your mat, you will align your chakras, restore your energy, relax your stress, and enjoy this 45 minute long healing process. Please dress warm and bring a yoga mat and a blanket if you would like.

We will need a minimum of 8 registered participants to hold the class