

Town of Colden Recreation

SOUND BATH

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 blanket if you would like.

Please fill out form below and return with payment to Colden Town Hall.

Date: Friday, February 9th

Time: 7:00 pm

Cost: \$20

Place: Colden Senior Center

Name(s): _____

Address: _____

Town: _____ Phone # _____

Email: _____

Paid: cash _____ check _____ check # _____

