

# VIBRATIONAL SOUND

## BATH WITH JOELLE

Please join us for a Sound Bath  
Friday, May 10th at 7 PM at the

\$20 per  
person

**Colden Senior Center**

Registration begins 4/22/24.

Forms are available at Town Hall and on the  
Town of Colden Website..

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 you 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.