

Sound Bath



Unwind and relax with calming sounds that resonate in harmony with your mind, body and spirit. This healing sound bath will help to balance the body and mind by applying specific vibrations and frequencies that create a harmonic space for healing.

November 10th

7-9_{pm}

\$25.00 suggested donation

This is a fundraiser to help support and sustain the Trauma Healing Project's Healing Arts Program which provides acupuncture, gentle and restorative yoga, writing, art, Nia and other modalities to those who may otherwise not have access to these healing modalities.



The Trauma Healing Project

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