

# Guided Sound Meditation

This is a unique program employing music, song and story to guide you to a peaceful state of relaxation, and lead you down a path of mindfulness and meditation. Explore breath awareness, visualization and therapeutic sound with and transformational breath work inspired elements.

**Program Type** [Single](#)

**Time** 1.3 hours

**Audience Size** Maximum of 60

**Language** English

**Season** All Year

**Topic** Wellness

**Region** Statewide

**Program Contact**

Lydia Takenouchi-Erickson

**Phone** [7814678833](tel:7814678833)

**Email** [info@songofthetrees.com](mailto:info@songofthetrees.com)