

Guided Sound Meditation - Series

Join us, and experience three unique meditative journeys! Immerse yourself in the power of healing sound. Enjoy soothing vocals, singing bowls, Celtic harp, and other instruments! Each month, you'll experience different meditations and learn new techniques through your breath, senses, and your mind's eye. Leave feeling refreshed, and deeply relaxed!

Program Type [Series](#)

Time 3 sessions, 1 hour each

Audience Size Maximum of 60

Language English

Season All Year

Topic Wellness

Region Statewide

Program Contact

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