



SOUND BATH TO ASSIST RECOVERY

Occasional Fridays | 3 - 4pm

This gathering is designed to clear your energy body of outdated beliefs and programs about who you really are. You will be guided through a meditation and receive a sound bath to help you release beliefs that no longer benefit you.

Please bring a mat, pillow, and blanket if you are able. Keep an eye on our calendar for upcoming dates.

**4725 MERLE HAY ROAD, SUITE 107
DES MOINES, IA 50322**

QUESTIONS? 515.783.6382

Held Fridays at 3pm. Check out our calendar for dates the sound baths will be offered:
recoverfullcircle.org/calendar



**RECOVERY
COMMUNITY
CENTER**
DES MOINES