



SoundBath Meditation

Tuesday Tune Up
August 19th, 2025

Start @6:00pm-End @7:15ish
**With Deborah S Train, BFA/
Edu., CPLC, Certified Vibrational
& Metaphysical Practitioner**

Ripples To Remembering
Wellness Center
342 Sanford Rd., Alfred, Maine

Suggested Donation \$30.00

Sound bath therapy offers many benefits as we are invited to relax into a deeper state of consciousness.

It provides an opportunity to unplug from external stimuli, offering calmer insight and perspective.

Using breath and a guided meditation, Deborah uses a combination of sound vibration and frequencies to create intuitive states of receptivity.

All instruments are tuned to 432Hz. The rooting, tribal sounds of the drum singing crystal bowls, rattles, tuning forks, nature, and running water take you on a sacred, inner journey as those same sounds and frequencies physiologically encourage healing at a cellular level. In these meditative brain states we release stress that is held in the body, and in the energy field that stores memory. Certain sounds, vibrations, and frequencies reduce feelings of emotional and physical tension, anxiety, and depression. When we are in this relaxed state the mind and body are more receptive to realignment.

Please feel free to contact Deborah with any questions or to register/RSVP.

SacredArts369@gmail.com/207-214-8500

Please bring a yoga mat, wear comfy clothes, optional eye mask and blanket if you like. Looking forward to seeing you!