

SoundBath Meditation

**Tuesday
September 16, 2025**

4:30pm - 5:30pm

With Deborah S Train, BFA/Edu.,
CPLC, Vibrational & Metaphysical Medicine
Practitioner



Location: Ripples To Remembering

342 Sanford Rd., Alfred, Me

Cost: \$30.00

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

Come and unplug from the external world, allowing calmer insight and perspective. Deborah starts with simple breath and guided meditation techniques, creating space for sound, vibration and frequencies to adapt to 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 these same sounds and frequencies physiologically encourage healing at a cellular level. While in these meditative brain states we release stress that is held in the body, and in the energy field that stores memory. Specific 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 questions about group, or individual and personalized sessions, or to register/RSVP.

SacredArts369@gmail.com/207-214-8500

PLEASE BRING A YOGA MAT, wear comfy clothes, and bring a blanket if you like.