



SoundBath

Meditation

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

Tuesday Tune Up

**Ripples To Remembering
Wellness Center**

4TH Tuesday of the Month

**342 Sanford Rd., Alfred,
Maine**

Suggested Donation \$22.00

July 23, August 27, &

September 24

4:30pm - 6:30pm

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 brief, guided meditation, Deborah will use 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, running water and thunderstorms 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 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, an eye mask is recommended, and a blanket if you are inclined. We do have some in house. If cost is an issue please let me know.