



SoundBath Meditation

June 17th, 2025

Start @5:30pm-End @6:30pm
With Deborah S Train, BFA/Edu.,
CPLC, Vibrational & Metaphysical
Medicine Practitioner

Tuesday Tune Up

3rd Tuesday of the Month

**Ripples To Remembering
Wellness Center**

**342 Sanford Rd., Alfred, Maine
Suggested Donation \$30.00**

**Please arrive at 5:15pm if possible,
thank you!**

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.

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.