



SoundBath Meditation

October 21, 2025

5:30 - 6:30ish

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

Tuesday Tune Up

Ripples To Remembering Wellness Center

342 Sanford Rd., Alfred, Maine

Suggested Donation \$30.00

Please wear comfy clothes, bring a yoga mat and blanket if you have one, optional pillow, and an open heart and mind.

Sound and music can take you on a sacred, inner journey...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. Let these sounds, vibrations, and frequencies help to reduce any feelings of emotional and physical tension, anxiety, and depression as you relax into a state of mind and body that are more receptive to realignment, peace, and wellbeing.

FMI Contact Deborah - I look forward to seeing everyone there!

RSVP PLEASE: SacredArts369@gmail.com/ TXT 207-214-8500