

Free Community Sound Bath



Como Park | October 25 | 3:00 PM

Join Mindful Body and Skin for a rejuvenating outdoor sound bath at Como Park.

- Reset your nervous system
- Release stress and tension
- Realign your energy

Location: Picnic Grounds East Parking Lot

Date & Time: Saturday, October 25 at 3:00 P

Cost: FREE – a gift to our community

What to bring:

- A yoga mat or blanket
- Water bottle
- Comfortable clothing
- An open heart & mind ✨

All are welcome—no experience needed.

Come as you are and let the vibrations