

Sound Meditation Experience

An Hour of Relaxation, Renewal & Inner Peace

Saturday, January 16, 2027

3:00 to 4:00 pm

* A Fundraiser for Speak Up for Ben, Inc. *

In support of OASIS Community Center

A sound bath promotes deep relaxation and mental clarity by using the therapeutic vibrations of instruments like gongs, singing bowls, and chimes to transition the brain into a meditative state. This reduces stress, lowers anxiety, and eases physical tension.

What others have said about sound meditation...

- *Incredibly relaxing*
- *Allows one to shed chaos*
- *A beautiful experience!*
- *You and the vibrating sound become one as your mind flows above stress and anxiety.*





About the Instructor

Roger Heckman has been a Reiki Master since 2005 and is also a certified sound bath practitioner.

Through sound created through Native American flutes, gongs, solfeggio chimes, and crystal and metal singing bowls, he has combined the two modalities to help you relax and tune into your higher power.

$20 suggested donation

PayPal, Venmo, CC, or Check

Registration required at:

OasisBethlehem.org/Special-Events

7 years!

oasis

COMMUNITY CENTER

nurturing families

impacted by substance use

OASIS programs are offered to support families and friends impacted by a loved one's substance-use

484-747-6285 3410 Bath Pike, Bethlehem, PA 18017 OasisBethlehem.org