

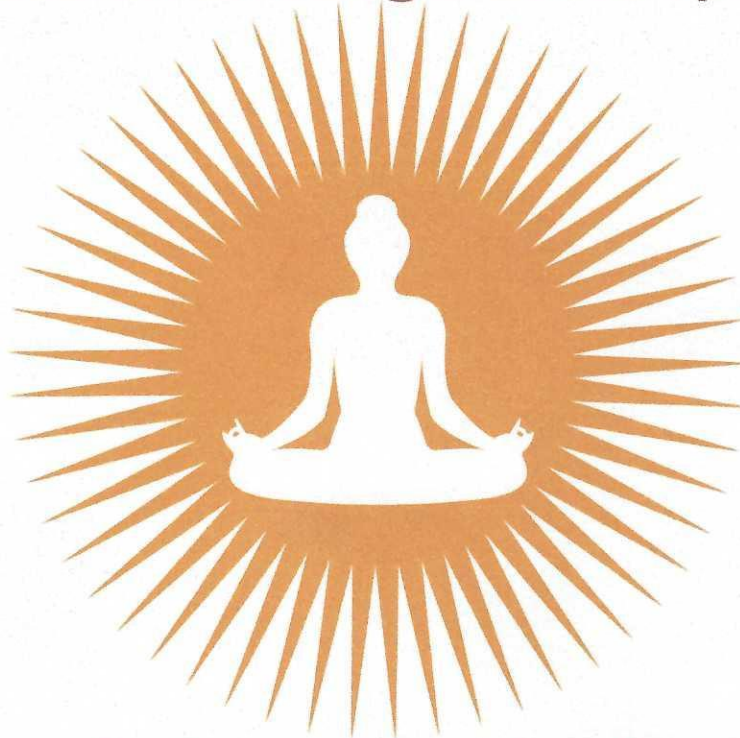


8640 FENWICK STREET, SUNLAND, CA 91040
OFFICE PHONE: (818)353-9571
WEBSITE: LAPARKS.ORG/SCC/SUNLAND
OFFICE: MONDAY-FRIDAY 10:00AM-4:00PM



SOUND BATH

Sessions will be the 2nd Tuesday of every month
Session will begin at 1:00pm



A Sound Bath is a meditative experience where those in attendance are “bathed” in sound waves. These waves are produced by various sound sources, including healing instruments such as gongs, crystal singing bowls, chimes, Tibetan bowls, ocean drums, and chakra tuning forks.

A Sound Bath is an acoustic sound healing journey that relaxes the body, clears the subconscious, calms the mind, and activates your body's natural healing systems.

Everything you need for this experience is provided. Just lie back and let the sound vibrations wash away stress and rejuvenate your body and mind.