



# Sound Bath & Energy Healing



- RELAX
- RECHARGE
- REJUVENATE

— EXPERIENCE THE HEALING POWER OF SOUND —

Friday, January 20<sup>th</sup>

6:30—8:00 PM

Lake Club Theatre

A sound bath is a meditative experience where those in attendance are “bathed” in sound waves produced by various instruments. Join us for a meditative journey into deep relaxation and inner healing!

Bring your yoga mat and other props if you wish to get comfy!

All welcome – no experience necessary.

To reserve your spot please contact The Lake Club office  
Phone 587 349 1338 or email [activity.lakeclub@shaw.ca](mailto:activity.lakeclub@shaw.ca)

