



Sound Bath & Energy Healing



- RELAX
- RECHARGE
- REJUVENATE

— EXPERIENCE THE HEALING POWER OF SOUND —

Friday, February 17th

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.
This is an open event, no sign-up required.**

For more info please contact The Lake Club office
Phone 587 349 1338 or email activity.lakeclub@shaw.ca

