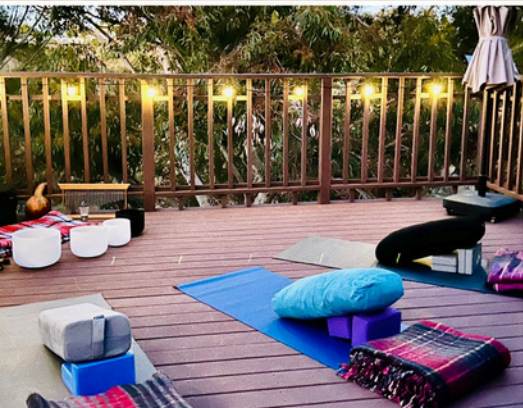


# Restorative Sound Healing

Monday 2/24 @ 6:00 pm



Restore Energy  
Improve Sleep  
Reduce Stress  
Reset Nervous System  
Release Tension  
Elevate Mood  
Increase Focus  
Fully Relax

your spot is waiting.....

Small group sessions on private canyon deck in Talmadge

- **WHEN:** Mondays at 6:00 pm (2x/month - *Upcoming March 10th & March 24th*)
- **WHO:** Small group (5 max)
- **DURATION:** 90 minutes
- **COST:** \$33
- **BRING:** Mat, blanket, pillow & eye cover (optional)

[REGISTER HERE](#)

Restorative sound healing is a fully immersive experience inducing a deep meditative state for deep relaxation, emotional balance and enhanced wellbeing.

Sound bowls have a calming/soothing effect on the mind and body and can help ease symptoms of chronic pain, insomnia, stress, etc.

Sessions include gentle stretching, simple breathing techniques, intention setting, progressive relaxation and guided visualization. Join us for a relaxing, nurturing, mental & physical reset in a serene, outdoor setting.

[Join My Mailing List HERE](#)

Phyllis Hartigan is a certified trauma informed sound bath facilitator, certified yoga instructor & retired Public Health Professional with a Master's in Public Health degree