

SOUND BATHING

With Deb Manfredonio

Certified Sound and Reiki Healer

Life Changing Energy - Complementary Medicine Association

Sound bathing is a gentle, soothing experience done seated or lying down listening to different sounds that facilitate relaxation of the body and mind. Tibetan bells, crystal singing bowls and other instruments are used. After the experience, participants will be able to ask questions and experience producing sound themselves with the various instruments.

Sunday January 28th, 1:30 – 3:00pm

\$15 Members \$25 Non-members

Register at laurelwoodarboretum.org



Laurelwood Arboretum
Knippenberg Center for Education
725 Pines Lake Drive West, Wayne, NJ