Sounds of Harmony Meditation

On Sunday, November 19th from 4:00 – 5:30pm, Sounds of Harmony will be offering a sound meditation event in the sanctuary at UUCSC. We encourage participants to dress comfortably and feel free to bring a mat, thick blankets and/or pillows, in order to lay comfortably on the floor for a period of time. If you prefer to sit, there will be chairs available.



Moving towards the longest night of the year, this event is an opportunity to slow down, rest and reflect as we attune to the resonant instruments. This will be our last sound meditation in 2023, so we hope that you can join us on 11/19.

In order for us to have a clear count of participants, please pay online at https://paypal.me/SoundsofHarmony Suggested cost is $25. If you have any questions, please send a text to Kevin and Sarah at 401-339-0840.

Thanks,

~Sarah and Kevin