The Sounds of Recovery Workshop

Community In Connection

Saturday
May 7, 10 am – 1 pm

LIFE CENTER STAGE

Robert Wood Johnson University Hospital Somerset
FAR HILLS RACE MEETING
Community Health Partnership



CRYSTAL BOWLS

STACY V

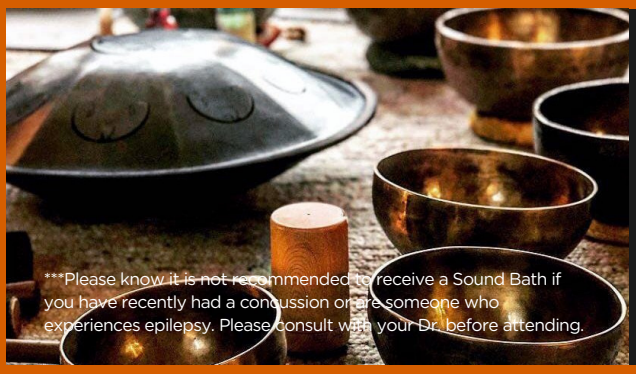
The sound vibrations emanating from the bowls re-tune the listener's body by opening, clearing, and rebalancing the body. When the body is vibrating in harmony with the whole, it is in a state of homeostasis or sound health.

DRUM CIRCLE

VICKY MULLIGAN,
LINDA BAGDON
LIFE CENTER STAGE

Community Drumming is a positive, uplifting, and interactive experience that invites all into a sense of connection and belonging. Drumming helps to relieve stress and create positive shared experiences. You don't have to be a drummer to participate. Everyone has something to offer the circle, and all are welcome.





SOUND HEALING

KAT ROMAN
THE HEALING PEOPLE

Our bodies respond to the vibrations of different sounds or frequencies. A Sound Bath immerses us in these vibrations by utilizing various instruments (chimes, Himalayan bowls, crystal bowls, tongue drums, etc...). This creates a deeply meditative state by slowing our brainwaves and allowing our bodies to experience rest. A body at rest has time to restore.

All are welcome, no experience required.

Space is limited for this FREE workshop.

REGISTER HERE

The Community Hub,
9 Church Street, Bernardsville