

Register at uucgl.org/soundhealing

Sound Healing

AT UUCGL WITH JOE HAYES

"This was truly one of the most amazing experiences of my recent life. If you get the chance to attend Joe's sound healing event, RUN, don't walk!"

—Ana Forrest, international yoga celebrity and author; founder of Forrest Yoga.



Sunday, December 21st | 2-4pm | 101 Forest Avenue, Swampscott

Sound Healing, also known as Vibrational Healing, is a form of non-invasive alternative healing similar to yoga and acupuncture. Endorsed by such disparate figures as the Buddha, Einstein, and Medical Oncologist Mitchell Gaynor M.D., Sound Healing is a deeply effective way to release stress from the body/mind, thus restoring the immune system.

Please join us for this voyage into the bliss, wellness, and healing that can come from profound relaxation via deeply therapeutic sound and tone. The session will be facilitated by sound therapist Joe Hayes.



The fee for this event is \$25, with a sliding scale (pay-what-you-can: \$5-\$25, or pay-it-forward: \$25+). Pay online or with cash or check, made out to UUCGL, at the door.

Plan to sit in one of the chairs, or bring a yoga mat and blanket and stretch out on the floor of the sanctuary. Wear loose, comfortable clothing and bring a blanket/pillow if you'd like for your own comfort and warmth. Recommended for all ages 12 and older.

This event often sells out, so please [register in advance](http://uucgl.org/soundhealing) to secure a spot!

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