



Caregiver Wellness Series

Monthly moments to rest, restore, & return to yourself.

**No experience needed. Just bring yourself—
and allow the sound to hold the rest.**

This monthly sound healing session invites you to simply come as you are & settle into a space of gentle restoration.

Through soothing sound frequencies & vibrations, we support the natural rebalancing our bodies & hearts need—especially in seasons of giving so much to others. The calming tones of gongs, crystal singing bowls, chimes, & other instruments softly wash over you, creating a cocoon of sound designed to ease tension & quiet the mind.

**Minimum of six participants is required for each session. Bring your friends!*

Sundays at 5pm

April 12

May 31

June 28

July 26

Register Here

\$15 per session



Divine Wellness Haverhill
90 Washington Street
Haverhill MA

For more info contact:
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