

Healing Sound Bath Meditation for Cancer Patients

A sound bath meditation is a therapeutic experience that can help participants feel a state of peace, deep relaxation and inner harmony. The soothing sounds and vibrations of the gongs, singing bowls and handpan can massage every cell in our bodies and calm our nervous systems. When we are deeply relaxed, our systems can better take care of ourselves by enhancing sleep, relieving stress and improving overall well-being.

We will have comfortable reclining chairs and yoga mats available. Feel free to bring a blanket, pillow, additional pad, eye covering and anything to make you more comfortable lying down for about 30 minutes.

When: **Friday, April 12**
11 to 11:30 a.m. and noon to 12:30 p.m.

Friday, May 10
11 to 11:30 a.m. and noon to 12:30 p.m.

Friday, June 7
11 to 11:30 a.m. and noon to 12:30 p.m.

Where: **Foothills Medical Campus**
Tebo Family Medical Building
Community Room
4715 Arapahoe Avenue
Boulder, CO 80303



Sound Bath Meditations are free for patients currently undergoing cancer treatment and cancer survivors. Register at bch.org/meditation



PRESENTED BY

 **Boulder Community Health**
CENTER FOR INTEGRATIVE CARE