

# Sound Healing Sessions



## Sessions:

### **Breathe, Stretch, Rest + Sound Meditation**

8 Oct, 5pm - 6pm, Infuse Theatre

9 Oct, 12pm - 1pm, Cistron

### **Heal from Within: Affirmations + Sound Healing**

10 Oct, 5pm - 6pm, MPH2

The harmonic frequencies used in sound baths influence the brain's frequency to promote a sense of mental relaxation. The vibrations work with the body's cells to bring alignment and healing. By moving the body intentionally with the breath, we find stillness in our mind, bringing forth a connection between mind, body and breath.

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