

## Introduction to Sound Healing

Sunday, March 9th

Immediately following Coffee Hour,  
in the Chapel,

we are excited to present Northbrae to

Mind Body Soul Collective and their Introductory Workshop to Sound Healing.

Musicians and Sound Healers Mind Body Sound Collective will showcase their Sound Healing musical offering for our members and friends.

Join us on Sunday, March 9th, right after Coffee Hour in the Chapel for an Introductory Workshop to Sound Healing by Mind Body Soul Collective. This session will feature soothing music with instruments like crystal singing bowls, shamanic drums, and acoustic guitar to help you relax and relieve stress. It's a free event, so come as you are and enjoy the calming vibes. to reduce stress, calm the nervous system, ease pain and tension, promote restorative sleep and promote deep relaxation by engaging the body's natural healing response. The rich vibrations of crystal singing bowls, bells, shamanic drums, steel hand pan drums, acoustic guitar, and more create a sonic landscape that soothes the mind and body. Come as you are to enjoy a free meditative and musical preview.