



# Sound Bath Healing 2024 SCHEDULE

TAP INTO THE ENERGY OF NEW POSSIBILITIES

Sessions begin promptly at 9:15am. Please arrive 15 minutes prior for check-in and set-up. Bring: yoga mat, pillows and/or bolster for head and knee support, blanket (optional), and eye masks (optional).

NOT ADVISED FOR: those with Insulin pump, pregnant, history of concussions, pacemaker or metal in the body unless cleared by a medical professional. Sessions run approximately 50 minutes.

**\$25 per person/per session, or 6-pack for \$150 (pre-pay at Spa400 Desk).**

Saturdays @ 9:15am

January 27

July 20

February 24

August 24

March 23

September 28

April 20

October 26

May 18

November 30

June 22

December 21

**Register by calling 716-631-3555 x4256**

**SPACE IS LIMITED.**

Group Sessions are held at Invision Health ~ 2nd Floor  
400 International Dr. Williamsville, NY