

RELAX YOUR

MIND & SOUL

CRYSTAL SOUND BATH HEALING

2025 SCHEDULE

TAP INTO THE ENERGY OF NEW POSSIBILITIES

Check-in begins at 9:00am. Please arrive 15 minutes prior for check-in and set-up. Sessions begin promptly at 9:15am. Bring: yoga mat, 2 pillows and/or bolster for head and knee support, 1-2 blankets (optional), and eye mask (optional).

We have a limited number of tables that are available as first come, first serve.

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. Also available: 3-pack for \$75 and 6-pack for \$150 (pre-pay at Spa400 Desk).

Saturdays @ 9:00am

January 11	July 12
February 22	August 09
March 15	September 06
April 12	October 11
May 10	November 22
June 07	December 13

**Register by calling 716-631-3555 x4256
SPACE IS LIMITED.**

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