



Sound Bath

Give your mind and body some love!

COMMUNITY
- UNITED METHODIST CHURCH
ELM GROVE, WISCONSIN EST: 1949

Friday, March 14th
and
Saturday, March 29th

Community UMC
Revelation Room

RSVP
262.782.4060

\$20/PERSON
TO REGISTER CALL THE CHURCH OFFICE

14700 Watertown Plank Road - Elm Grove, WI 53122
www.cumceg.org/wellbeing

2:00pm - Revelation Room

Give your mind and body some love!

A sound bath is an ancient healing technique that utilizes sound waves to calm the mind and relax the body. You will experience a variety of instruments- from crystal singing bowls to modern day sound therapy machines. This peaceful journey can help you reduce stress and improve physical and mental well-being.

Tony Sturino is a certified Ayurveda Yoga Instructor, Personal Trainer and trained in sound therapy.

BRING: Wear comfortable loose-fitting clothes
Yoga mat or thick blanket (reclining lawn chair if unable to be on the floor)
Pillow or bolster for head or knees
Cozy blanket, sweater, eye mask (your "cocoon")
Water bottle
Open Heart and Mind