

# Resiliency Reset Sound Bath

May 27 3-4:00 P.M.  
@Murdoch Center



## BENEFITS OF SOUND ENERGY

- Activates relaxation response
- Fosters a meditative state
- Reduces stress and anxiety
- Resets central nervous system

No experience or preparation required ●

Please hydrate and eat before the class ●

Bring a soft mat, 2 pillows , eye mask, ●  
and a warm blanket

Resiliency reset from  
work-related stress.  
Cedar Campus: Ms. Andi's  
Room. Door opens at 1:30

**No fee, tips appreciated. Just arrive, relax, and receive.**

**Bring a yoga mat or sleeping pad, eye mask, head pillow, leg bolster,  
blanket and a water bottle**

Class Created by Sound Healing Academy Practitioner in  
Training and Montessori Teacher for over 20 years

Cole Habay-Heinsius

Send questions to:

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