

# Soul Mind Body Wellness

*Healing through sound and movement!*

**Tuesdays, 7–8:30 pm**

**August 13 and 27**

*Drop-in class, no registration required*

\$10 per class, your first class is **FREE!**



*In today's 24/7 world of information overload, noise, and electronic devices demanding constant attention—not to mention work, family, and other responsibilities—stress is a common state of daily life. It can seriously affect our health, family life, relationships, job, and overall well-being.*

*Join us to experience the power of love and forgiveness, vibrational healing sounds, music, different styles of meditation, including meditative movement, and other practical tools to help manage stress, relieve chronic pain and sickness, balance emotions, boost energy, harmonize relationships, and more.*

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