

Sound Meditations With Maria Del Carmen



Description: Are you looking for a new way to slow down and quiet your mind? Then come join us as we host seasoned Sound Practitioner, Maria del Carmen, for this bi-weekly Sound Meditation series. During the course of the program, participants will be lying down or seated while Maria bathes them in the sounds of singing bowls, buffalo drums, and much more. Participants are also encouraged to bring their own yoga mats, pillows or bolsters, or blankets to the session. Register now to secure your Sound Mediations experience!

Ages: 18 and older.

Dates: Bi-weekly Tuesdays (1/9, 1/23, 2/6, 2/20, 3/5, 3/26).

Time: 6:00 PM to 7:00 PM.

Location: LP Wilson Community Center, 599 Matianuck Ave, Windsor.

Price: Free. Made possible through "Be Well Windsor" funding.

