

# SOUND BATH EXPERIENCE

## WHAT

A sound bath can be a mesmerizing sonic experience, blanketing you in a deep state of surrender, dropping you into pure sonic bliss.

## WHO

Join **Counseling Services** in welcoming Maria and Calvin Wagner from the **Center for Sound Therapy** for this amazing session to relax, recharge and re-balance your mind, body and spirit.

## WHEN & WHERE

**Monday, April 21, 2025**  
**@ 5pm-6pm**  
**Hoover-Price Campus Center**  
(HPCC) Newbold Room

## WHAT TO BRING

Dress comfortably and bring your mats, pillows and blankets and prepare to let go and be carried into a deep state of being.



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## HOW TO SIGN UP

Go to the **Counseling Services** website  
(<https://mountunion.edu/counseling>)  
Click on the upcoming events tab to sign up!  
**OR Scan the QR Code**