



ST. JAMES EPISCOPAL CHURCH  
A CENTER FOR SPIRITUAL STUDIES, PRACTICE & COMMUNITY

# SUMMER RESORATIVE SOUND BATHS

THE FIRST MONDAY OF THE MONTH  
**JUNE 1 | JULY 6 | AUGUST 3**  
*10:00 am - 11:00 am in the Parish Hall*

Featuring a variety of healing instruments including crystal singing bowls that gently nourish and regulate the nervous system. Each sound and vibration is intentionally layered to help release tension, quiet the mind, and invite you into a profound state of relaxation and peace.

To help you feel as comfortable as possible, please bring any cozy items such as a yoga mat, blanket, pillow, bolster, or eye mask. Participants with back or hip sensitivities are welcome to enjoy the experience from a seated chair. There will be some yoga mats and cushions available.



\$15 suggested donation

with

*Kendall Harbour*