



# Sound Therapy

Come join us for a fun and transformative experience with the sounds of instruments designed for restoring balance and harmony in the body and mind.

Learn about the physics of sound and how we can use it to overcome challenging situations through proven techniques that help alleviate stress and anxiety by regulating the nervous system.

Zero gravity chairs will be provided. Guests are welcome to bring a yoga mat and pillow if preferred. Eye masks for deeper relaxation are recommended.

Every Wednesday 3:00-3:30pm Starting July 1st  
@ The Community Room, Christus Cancer  
Center

To reserve a chair, please contact: Phy Encluna  
505-913-8951 (10 Guest Maximum)

