

Sound Baths

**Presented by
Shannon Brown**



This group sound bath is a type of meditative experience that uses sound and vibration to promote relaxation, stress reduction, and overall well-being. It involves participants lying down or sitting comfortably while being exposed to a variety of instruments like singing bowls, tuning forks, and gongs. The goal is to create a soothing soundscape that helps quiet the mind and body.

Date: Sunday, June 8, 2025

Time: 6:00 pm - 7:00 pm

Cost: \$15

Location: 96 S. National Avenue
Fond du Lac, WI 54935

Register at: www.fcsh.org

