

Sound Bath For Peace

with Andrea White

Relax. Restore. Realign through sound.

Saturday, May 30, 2026

9:30 - 10:30 a.m.

At the Ferris Community Center, Conference Room

Fees per session: RES: \$20.00 NONRES: \$22.00

Register at brewerrec.com or call (207) 989 - 5199

Experience deep relaxation through the soothing power of sound.

This guided sound meditation uses crystal singing bowls, chimes, an ocean drum, wind instruments, and voice to help calm the mind and restore balance.

As you rest comfortably, the tones and vibrations encourage your brainwaves to move into deeply relaxed and restorative states, helping the body return to harmony and coherence.

Leave feeling grounded, peaceful, and renewed.

What to Bring: Yoga mat, blanket or pillow, bolster or cushion, eye pillow (optional), and anything else that helps you relax while lying down

Important Health Information

Sound healing can be powerful. Please consult a medical professional before participating if you have: Epilepsy (especially sound-induced). A history of severe depression, psychosis, or serious mental health conditions. Are in the first trimester of pregnancy.



*Participants should not attend under the influence of alcohol or drugs.
An additional waiver may be required prior to participation.*

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