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## **PRESS RELEASE**

### **FOR IMMEDIATE RELEASE**

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### **Immerse yourself in serenity: Experience a meditative sound bath at the library**

**Kerrville, Texas (July 31, 2023)** – Join the Butt-Holdsworth Memorial Library staff Friday, Aug. 4 at 5 p.m. in the library meeting room for a unique event that invites community members to embark on a journey of relaxation. A meditative sound bath led by Humbling Bloom Yoga will offer participants an opportunity to unwind, rejuvenate and find solace in the serene surroundings of the library environment.



The Meditative Sound Bath is a form of sound therapy that has gained popularity due to its ability to promote deep relaxation, reduce stress, and restore a sense of harmony. This meditative practice utilizes various soothing sounds and vibrations created by instruments such as Tibetan singing bowls and chimes.

The presentation is free and open to adults 18 and over, however; donations for our Humbling Bloom instructor are appreciated! For more information, please contact the library's reference desk at (830) 258-1274.

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