



**City of Kerrville**  
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## **PRESS RELEASE**

### **FOR IMMEDIATE RELEASE**

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### **Experience a meditative sound bath at the library**

**Kerrville, Texas (Sept. 4, 2024)** – Join us Friday, Sept. 6 at 5 p.m. at the Butt-Holdsworth Memorial Library's first-floor meeting room for a meditative sound bath led by Humbling Bloom. The sound bath offers participants an opportunity to unwind and rejuvenate.

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. You can participate by laying down on a mat or sitting in a chair. Ages 18+ are welcome.



The presentation is free and open to the public, but donations for our Humbling Bloom instructor are appreciated! For additional information, please get in touch with the library's reference desk at (830) 258-1274.

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