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PRESS RELEASE

FOR IMMEDIATE RELEASE

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Experience a meditative sound bath Friday at the library

Kerrville, Texas (Oct. 29, 2024) – Join us Friday, Nov. 1, 2024 at 5 p.m. in 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. 18+ welcome.

The presentation is free and open to the public, but donations for our Humbling Bloom instructor are appreciated!

For more information, please call the library's reference desk at (830) 258-1274.