



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

### **FOR IMMEDIATE RELEASE**

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### **Library to host Sound Bath on Friday, Adult Yoga and Drum Circle on Saturday**

**Kerrville, Texas (Jan. 2, 2025)** – Start your New Year on a healthy note and join the Butt-Holdsworth Memorial Library staff Friday, Jan. 3, and Saturday, Jan. 4 for these enriching events:

- On Friday, Jan. 3 at 5 p.m.,

**Soundbath with Humbling**

Bloom is at the library. The event 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.

- On Saturday, Jan. 4 at 10:30 a.m., **Adult Yoga** with Humbling Bloom returns to the library.

A few yoga mats will be available; however; attendees are encouraged to bring their own.

18+ welcome.

- On Saturday, Jan. 4 at 2 p.m., the library will host **Drum Circle**. This event offers the perfect occasion to experience the joy of drumming. No need to fret if you don't own your own drum; we've got you covered! A variety of drums and percussion tools will be provided so everyone can participate and contribute. Whether you're an experienced drummer or a complete novice, all you need to bring is your enthusiasm and a willingness to bask in the uplifting vibes of the event. 18+ welcome.

All events will take place in the library's first-floor meeting room. These events are free and open to the public. For more information, please contact the library reference desk at (830) 258-1274.

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