



**City of Kerrville**  
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[www.kerrvilletx.gov](http://www.kerrvilletx.gov)

## **PRESS RELEASE**

### **FOR IMMEDIATE RELEASE**

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

**Kerrville, Texas (July 9, 2025)** – Join us Friday, July 11 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 relax.

While we here at the library questioned whether to continue in light of recent community hardships, we ultimately felt that offering even a small opportunity for relaxation and peace could be meaningful during such an unrelaxing time.



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 additional information, please get in touch with the library's reference desk at (830) 258-1274 or view this and other events at: [www.kerrvilletx.gov/librarycalendar](http://www.kerrvilletx.gov/librarycalendar).

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