

Kathryn offers group meditative sound immersion sessions to create an island of peace where you can find yourself again as you relax and listen to the soothing vibrations and frequencies of resonating overtone pandrums, Tibetan singing bowls and bass Freenotes wing. She plays mindfully and slowly to help you find relief from the stress you carry, to quiet your mental chatter and experience freedom from non-stop thoughts. The music and vibrations help you to enter into a meditative state of consciousness as the sounds wash over you, replacing tension with inner stillness and peace. You are invited to come and listen and rest outside of time to once again be in tune with your original state of Harmony and inner Peace, living in a place and a way of Being that is timeless.

Monthly Vibrational Healing at Riverside Studio <https://www.chitreesandoils.com/events>

Monthly group sound baths at Greendale UCC <https://www.greendalecommunitychurch.org/event>