

ADVENT GREGORIAN CHANT & SOUND BATH *Experience*





Come as you are and leave renewed, with a heart more open to the gift of the season.

HOSTED BY: MARK MITCHELL, LMFT, & DAVID ESHLEMAN, LMFT

In the busy weeks before Christmas, it's easy to rush past the quiet waiting that Advent invites us into. This afternoon gives you a chance to stop, breathe, and prepare for the coming of Christ.

We'll begin with the peaceful sound of Gregorian chant, the Church's prayer sung for centuries. Then you'll rest in a sound bath, an Eastern practice of deep relaxation where layered tones and vibrations help still the body and quiet the mind.

Afterward, we'll walk the Shepherds' Walk together and close with a conversation about Advent and the Christmas season, and how we can find real meaning in them this year.

What to bring:

Please bring a yoga mat, a pillow, and a small blanket so you can be as comfortable as possible during the sound bath. Feel free to bring anything else that helps you relax.

SATURDAY
December 19
3:00 PM - 6:00 PM

$50 Per Person
Light refreshments to follow

REGISTER ONLINE

Register online or contact José at 310-377-4867 ext. 250, jsalas@maryjoseph.org

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