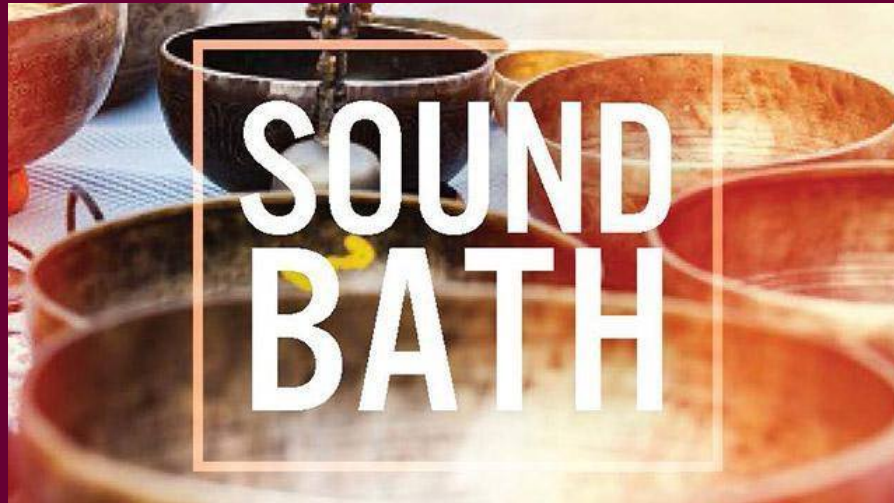


NYP AfterNoon renewal



Relax*Restore*Replenish*Resuscitate*Renew*Reset

Tuesdays 12:40-1:10pm

Pauline A. Hartford Memorial Chapel PH, 1st floor

Facilitated by MSCH music therapist Missy Hall, MA, LCAT, MT-BC

Spend 30 minutes listening to sound vibration and restoring your sense of self. Sound baths offer an alternative to traditional meditation by facilitating a shift in your brainwave state. Sounds are created by a wide range of instruments including Himalayan singing bowls, ocean drum, shruti box, chimes and overtone singing.

All Welcome