



SOUND MEDITATION AND RELAXATION

Ongoing group most Sundays

1:30-2:30 pm

Suggested donation of \$20/session

Sound therapy is a valuable tool for releasing stress and anxiety and preparing the mind for meditation. I like to call it "meditation on training wheels," as access to a quieter, more peaceful mind comes naturally when listening to the sounds of the Tibetan Bowls. No previous experience is necessary.

Sound waves are measured in "hertz", just like brainwaves, and have the ability to relax the mind and the nervous system and guide the listener into more meditative brainwave states.

Enjoy the relaxing sounds of Tibetan Bells, Native Flute and more, while also experiencing deep states of relaxation and stress release. You will also learn about the basics of meditation and how to develop your own daily meditation practice and maintain this sense of calm and balance throughout the week.

Please check the online group calendar at www.atlantacenterforwellness.com or call (404) 343-4162 to confirm that the group will be held on any given Sunday. Walk-ins are welcome. Please pay by credit card (Square), exact cash, or checks made out to Atlanta Center for Wellness, LLC.

The front door of the building is locked on Sundays, so please go to the door to the right of the glass doors, on the side of the building, and there will be a keypad there. The code is 6100* (don't forget the star) and we are located in Suite 450.



**JONATHAN ADAMS
SONIC YOGI**

Sound therapist, and touring musician. Jonathan found Sound Therapy after his own experiences with extreme anxiety. Since then, Jonathan has put his focus into the exploration of the healing potential of music and has given talks and workshops on sound therapy at TedX, national spiritual living conference and more. His sound therapy tracks can be streamed on YouTube, Spotify, SoundCloud and the Insight Timer app. They are also used by Golds Gym nationally in Centergy and yoga classes. Listen at SonicYogi.com



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