



WESTLAKE
ATHLETIC CLUB



Saturday, February 19, 2022

Time: 5:30 to 6:30 pm

What to Bring: pillow, blanket, eye mask, open mind

Fee: \$25 Members, \$35 Non-Members

***Space is limited, please arrive 15 minutes early to set up**

During this Sound Bath & Guided Meditation session, you will feel deep relaxation, heightening of your focus with each tone and vibration harmonizing with your magnetic body. You will feel and experience the stress and anxiety melting away.

Tae Bond is intuitively being guided by the powerful healing bowls. She combines an array of instruments such as the Quartz Crystal singing bowls, Tune Chimes and the Tibetan singing bowls which produces alpha and theta brain wave states for deep relaxation that allows your body to feel the harmonic tones to bring uplifting sensations throughout your body. Integrated with a Guided Meditation that relaxes restores and heals your mind, body and spirit from the inside out.

About Tae: Tae Bond Is a Sound Healer, Tae discovered sound therapy after attending a sound bath on the beach at sunset several years ago: she immediately fell in love and experienced healing benefits after the first session.

Tae Bond is Myomassologist , Reiki Energy Master and an Intuitive Sound Healer. As a Yoga Instructor and Personal Trainer. Tae Bond believes that we can heal from the inside out to live a conscious, connected and balanced life.