

## MARIN FELLOWSHIP COMMITTEE PRESENTS:

## SOUND BATH MEDITATION AND MEETING

Join us for an immersive afternoon of meditation, sound healing and fellowship

## location

1st Presbyterian Church 72 Kensington Rd. San Anselmo

## date/time

Saturday, April 13, 2024 doors open at 11:30AM meditation begins at 12

\*\*\* meeting time extended to 1.5 hrs for a longer sound bath!

bring your own yoga mat, pillow, blanket, or whatever you like to meditate with eye masks encouraged

Water and hot tea provided!

