



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# UPCOMING SPECIALTY WORKSHOPS

## SUMMER WORKSHOPS SOUTHINGTON COMMUNITY YMCA

### Sound Bath Meditation

Various musical instruments will be used to guide you into a deep meditative state. The vibrational energy will fill the room and penetrate your body to relieve stress, anxiety and promote an overall sense of well-being.

If you have neurological issues, please consult with your doctor prior to registering. Ages 18 and up. Participants should bring water.

Studio 130 – Wednesday June 4th | 10:15–11AM

Studio 130 – Wednesday July 9th | 10:15–11AM

Studio 130 – Wednesday Aug 6th | 10:15–11AM

Full & Family Members: \$5 Non-Members: \$15

Classes will require registration and a fee. Members & Non-Members are welcome!

To register, visit the Membership Services Desk or call 860.628.5597.

**No refunds available for missed classes.**

**Questions or Comments?**

**Contact Jolene Miceli for details!**

**[jmiceli@sccymca.org](mailto:jmiceli@sccymca.org) or 860.426.9589**



**SCCYMCA.org**

Wellness Workshops