

Sound Healing

Sound healing uses the energy and vibrations from sound to help you relax your mind and body. The sounds can come from your voice, musical instruments, and the teacher's voice.



Sound healing can:

- Make you feel very relaxed
- Balance your emotions
- Clear your mind
- Keep you healthy



Try a free 1 hour sound healing session!

Sign up at the front desk.
You can also call **(212) 432-8494** or
e-mail **wellness@chnnyc.org**.