

SOUND & STILLNESS:

A Restorative Wellness Experience

Tues, Sep 29
12 - 1:30PM

South UU Multi-Purpose Room

RSVP HERE:



Join us for journaling and reflection, breathwork, crystal education and usage, guided meditation, and a sound bath immersion. A journal, pen, crystals, and fleece blanket will be provided for participants to keep.



Individuals who require accommodations for this event, contact Accessibility Services at least 10 business days before the event date.

Email: as@csueastbay.edu |

Phone: (510) 885-3868