

Union Church is a *thinking church*.

Together we ask questions and explore the world beyond ourselves. We aim to grow in kindness and generosity with *all people*.

*Join us.*



*"THE THINKING CHURCH"*

ADULT ED SERIES

# SOUND BATH

SUNDAY | APRIL 12

11:15 a.m. - 12:30 p.m.  
IN THE YOUTH ROOM

## So, what's a sound bath?

A sound bath is an immersive experience where you are "bathed" in sound waves that are produced by various instruments. In a guided meditation, you will have the chance to relax and reset during the spring season of new growth and our April focus on honoring the planet and natural world.

## What to Expect:

You are welcome to use the youth room sofas, sit in a chair or bring a yoga mat and pillow and spread out on the floor. Please dress comfortably. This unique experience can be enjoyed by adults of all ages!



## About the Practitioner:

### Ashley Logan, Union Church member

Ashley Logan is a transformational guide, energy worker, breathwork facilitator, sound alchemist, equine therapist, reiki practitioner and group facilitator who loves to support people as they reconnect with the best parts of themselves.

 We are an **Open and Affirming** congregation.

**GENEROUS. OPEN. CONNECTED.**