



Choose Happy Vibes

Meditation Class

**NEW
CLASS!**

Choose Happy Vibes is a vibrational sound meditation, also referred to as "sound bath." Simply close your eyes, relax, and allow the vibrational sounds of singing bowls escort you into a dream state-of-being.

Science has proven that Vibrational Sound Healing reduces stress and actually repairs your body on a cellular level, and it feels wonderful!

For ages 18+

**When: January 18th / February 15th /
March 21st**

**Where: Redlands Community Center (111 W.
Lugonia Avenue, Redlands, CA 9237)**

Time: 12:30pm-1:30pm

**Cost: There is a \$25 class fee per class.
Registration required.**

