



HOT SPRING SOUND BATH MEDITATION

WITH THE COMPASSION SOUND HEALERS

Enjoy the most powerful sound bath experience yet! Imagine bathing in healing mineral water while enjoying the effects of a sound bath both physically in the water and audibly.

Become “in tune with” and “harmonize with” the pure tones of the chakras.

PUBLIC SOUND BATH SCHEDULE

MAY 8TH & 29TH | JUNE 12TH & 26TH | JULY 10TH
7:00 PM - 8:00 PM

BENEFITS OF A HOT SPRING SOUND BATH

- Relaxes sore muscles
- Calms the mind
- Regulates sleep patterns
- Lowers blood pressure
- Opens and expands the breath
- Awakens the senses
- Absorb healing minerals
- Refreshes you from the inside out

Includes Day Use Pass to soak in the mineral springs at least one hour before the sound bath.

Bring a bathing suit if you would like to experience the sound bath in the water. Lockers, robes, slippers, towels, eye covering and ear plugs are provided.

Advanced booking required with a 24 hour cancellation notice.

Day Spa services available prior to the sound bath meditation with advanced booking.

Enjoy **varied water temperatures**.

Matt and Julia Briest, the Compassion Sound Healers, have been in the healing arts since 2007 as massage therapists, sound healers and teachers. Download their album on iTunes, Amazon, CD Baby and More!

GENERAL PUBLIC \$75 / HOTEL GUESTS \$55

THE SPRING RESORT & SPA, 12699 REPOSO WAY, DESERT HOT SPRINGS, CALIFORNIA

ADVANCED RESERVATIONS REQUIRED (760) 251-6700