



# SOUND BATH

Come Relax and Usher In The Spring  
Equinox

A sound bath is a form of meditation that guides listeners into a deep state of relaxation using the sounds and vibrations from instruments.

Sunday, March 20<sup>th</sup>  
12 noon- 1pm  
Buddha Beach Hot Yoga  
345 Montauk Hwy, East Moriches, NY 11940

\$30 per person, Reserve at <https://buddhabeachyoga.com>