



## Sound Bath Therapy

*Sound baths are a meditative practice involving the use of resonant music. This creates an immersive sound that fills the room and the body, aiming to help people relax and let go of stress, anxiety, or other worries and concerns.*

### Event Info

**The Drum Circle will take place at Ironwood's Chandler location.**

**Address is 685 S. Dobson Rd, Chandler, AZ 85224**

**No RSVP needed.**

**Anyone in the community is welcome to join.**

**The second Thursday of the month from 4:00 p.m. – 5:30 p.m.**