



WELLNESS EVENT

# SOUND BATH

A REST & RESTORE EXPERIENCE

THURSDAY, JUNE 12

5 - 6:30 PM, COUNTRY CLUB WEST BALLROOM

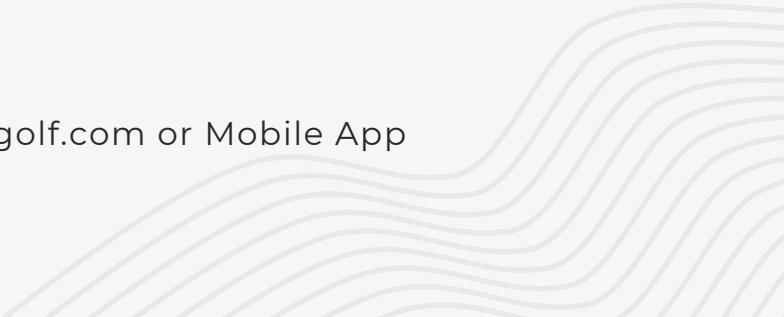
**MINDFULNESS - MOVEMENT - MEDITATION - SOUND**

DESIGNED TO RENEW YOUR SPIRIT  
AND ENERGIZE YOUR SOUL.

**\$20 PER MEMBER**

*SPACES ARE LIMITED*

RSVP Required | [www.lakewoodranchgolf.com](http://www.lakewoodranchgolf.com) or Mobile App





Join Dr. Stephanie Schmitz—Traditional Chinese Medicine practitioner and East West College of Natural Medicine graduate—for a rejuvenating Sound Bath Experience that fuses ancient wisdom with modern healing.

Using organic sound and frequency, Dr. Schmitz guides you into deep relaxation and self-healing with:

**Drums • Singing Bowls • Gongs • Chimes • Flutes • More**

These vibrations regulate the nervous system and shift the brain into Theta and Delta states—boosting neuroplasticity, reducing stress, and creating space for insight and renewal.

Also included:

**Restorative yoga • Breathwork • Mindfulness • Sensory connection**

Reconnect with your inner wisdom and experience profound restoration through vibrational healing.

We warmly welcome you to this unique and transformative event.