



WELLNESS EVENT

SOUND BATH

A REST & RESTORE EXPERIENCE

THURSDAY, JUNE 12

5 - 6:30 PM, COUNTRY CLUB WEST BALLROOM

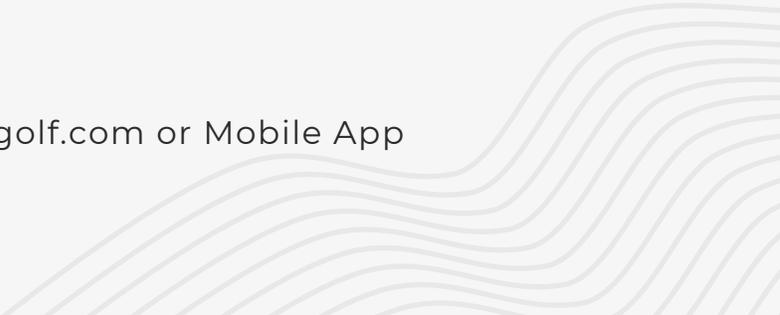
MINDFULNESS - MOVEMENT - MEDITATION - SOUND

DESIGNED TO RENEW YOUR SPIRIT
AND ENERGIZE YOUR SOUL.

\$20 PER MEMBER

SPACES ARE LIMITED

RSVP Required | www.lakewoodranchgolf.com or Mobile App





Lakewood Ranch
GOLF AND COUNTRY CLUB

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.

