

the
ARC  of
SOUND

TUNE IN
TO SOBRIETY

Therapeutic sound immersion for recovery.

6PM EVERY **SECOND MONDAY** OF THE MONTH

The “Arc of Sound” is a therapeutic sound immersion that combines a customized movement sequence and live sound-meditation or “sound bath”. This program can offer participants deep states of presence, and an opportunity to tone the nervous system and shift the way one relates to stress and challenge. The Sound Bath is delivered through a set of carefully selected instruments that elicit relaxation, restoration, personal reflection, and more—people most commonly share feeling invigorated, relaxed, and have emotional insights through this experience.



Hosted by
Heartwell House
8330 Easton Rd / Ottsville, PA
*Located between Kimberton
Whole Foods and Turkey Hill*



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