



# SOUND BATH THERAPY



## This Program includes:

- A Meditation Session
- Breathwork Exercise
- Nature Walk
- Sound Bath

**Sound Baths** use calming instruments like singing bowls and gongs to help promote deep relaxation and a sense of calm.

**July 24th, 2026  
10 am to 2pm**

**Downsview Hub: 70 Canuck Ave, Toronto, Ontario, M3K 2C5**

**Fee: \$ 60**

**This program is designed for individuals who can participate independently.**

**Please contact us to discuss individual supports and accessibility needs.**

**Support persons are welcome.**

**Contact:** Elisa Fronczak- Community Inclusion and Development Lead

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**Disclaimer:** Not recommended for individuals with a history of seizures, epilepsy, or sound/light sensitivity.