

Bluffton Recreation Center
843-255-6770

Buckwalter Recreation Center
843-255-6710



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Sound Bath Healing Meditation

Relax. Reset. Restore.

Experience a one-hour immersive sound meditation where soothing vibrations help calm the mind and restore balance.

Using instruments such as gongs, chimes, singing bowls, and steel drums, sound practitioners Eric Roy & Kat Stuart create a peaceful environment designed to activate the body's natural healing response.

Often described as the mellowest concert you'll ever attend, this session allows you to simply lie back, breathe, and let the sound waves wash over you.

Thursday, April 16, 6:30-7:30pm | Bluffton Recreation Center

Registration closes April 12

Participants must arrive prior to the start time so the experience can remain uninterrupted for everyone attending.

Adult Aerobics • Adult Baseball • Adult Dance Classes • Adult Fitness Classes • Adult Soccer • Adult Basketball
Adult Softball • Adult Water Aerobics • Adult Volleyball • Adult Kickball • Adult Swim Lessons • Adult Yoga Classes • DIY Workshops
Adult Tennis Lessons • American Red Cross Lifeguard, CPR & First Aid, Water Safety Instructor Classes • Scuba Certification
Weight Rooms • Room Rentals • Field, Court, Facility, Playground, and Pool Rentals • Indoor & Outdoor Basketball Courts
Tennis Courts • Pickleball Courts • Youth Basketball • Youth Baseball • Youth Softball • Youth Flag Football • Youth Lacrosse
Youth Soccer • Youth Martial Arts • Youth Cheerleading • Youth Tennis Lessons • Youth Summer Camps • Special Events
Sponsorship Opportunities • **Community Instructor Opportunities** • Walking Paths and Tracks • Dog Parks • Skate Park
Referee & Official Training Opportunities • Slip & Splash Inflatable Obstacle Courses • Ninja Courses • Swim Teams
Indoor & Outdoor Pools • 60 & Better Senior Programs • Volunteer Coaching Opportunities • Employment Opportunities