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To register and see hours of operation

BCSCREC.COM



**Close your eyes. Breathe deeply.
Let the sound do the rest.**

Some people meditate in silence. Others discover peace through sound. Imagine lying comfortably on your yoga mat as gentle vibrations from singing bowls, gongs, chimes, and handcrafted steel drums wash over you.

There are no poses to master, no experience required, and nothing to achieve. For one peaceful hour, your only job is to breathe... relax... and simply be.

Welcome to Tranquility Zone Sound Bath Meditation—a deeply immersive experience designed to calm the mind, soothe the nervous system, and leave you feeling grounded, refreshed, and restored.

Charles Lind Brown Rec Center | Fridays | 6:30-7:30PM | September 18 & November 20
Bluffton Rec Center | Tuesdays | 6:30-7:30PM | October 13 & December 8

Questions? Email Eric Roy at ericroy1967@gmail.com or call him at 860-208-7917

CHARLES LIND BROWN RECREATION CENTER 843-255-6797

BLUFFTON RECREATION CENTER 843-255-6770

Shortcut to
registration 

