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PRESS RELEASE

FOR IMMEDIATE RELEASE

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Library to host meditative sound bath with Humbling Bloom on Friday

Kerrville, Texas (Aug. 29, 2023) – Come to the Butt-Holdsworth Memorial Library this Friday, Sept. 1, for a relaxing, meditative session with Humbling Bloom. The session will include a guided meditation and sound bath with singing bowls that are said to promote relaxation and offer powerful healing properties, including stress relief. You can participate by laying down on a mat or sitting in a chair. Participants 18



years and older are welcome. A limited amount of mats will be available, so participants are encouraged to bring their own.

The program starts at 5 p.m. in the library's first floor meeting room. The presentation is free to the public, but donations for the instructor are appreciated.

For more information, please contact the library's reference desk at (830) 258-1274.

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