



**City of Kerrville**  
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## **PRESS RELEASE**

### **FOR IMMEDIATE RELEASE**

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### **Meditative sound bath with Humbling Bloom Friday at the library**

**Kerrville, Texas (July 3, 2024)** – Join the Butt-Holdsworth Memorial Library for a relaxing, meditative session with Humbling Bloom on Friday, July 5 starting at 5 p.m. in the library's first floor meeting room.

Guided meditation and sound bath with singing bowls 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.

Ages 18+ are welcome.

The presentation is free to the public. For additional information, please get in touch with the library's reference desk at (830) 258-1274.

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