



**City of Kerrville**  
701 Main Street  
Kerrville, Texas 78028  
(830) 257-8000  
[www.kerrvilletx.gov](http://www.kerrvilletx.gov)

## **PRESS RELEASE**

### **FOR IMMEDIATE RELEASE**

Contact: Stuart Cunyus, Public Information Officer  
(830) 258-1116  
[stuart.cunyus@kerrvilletx.gov](mailto:stuart.cunyus@kerrvilletx.gov)

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### **Experience a meditative sound bath Friday at the library**

**Kerrville, Texas (Oct. 1, 2024)** – Join us Friday, Oct. 4 at 5 p.m. at the Butt-Holdsworth

Memorial Library's first-floor meeting room for a meditative sound bath led by Humbling Bloom. The sound bath offers participants an opportunity to unwind and rejuvenate. The meditative sound bath is a form of sound



therapy that has gained popularity due to its ability to promote deep relaxation, reduce stress, and restore a sense of harmony. This meditative practice utilizes various soothing sounds and vibrations, created by instruments such as Tibetan singing bowls and chimes. You can participate by laying down on a mat or sitting in a chair. 18+ welcome.

The presentation is free and open to the public, but donations for our Humbling Bloom instructor are appreciated!

For additional information, please get in touch with the library's reference desk at (830)  
258-1274.

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