

# Calm the Mind, Relax the Body with a Sound Bath

Let the calming vibrations of crystal bowls, chimes, and gentle tones ease your mind, release tension, and bring your body and energy back into harmony.

**\$25 Donation**

REGISTER HERE:

[www.SupremeBodyBalance.com/events](http://www.SupremeBodyBalance.com/events)



**Saturday**

**April 18, 2026**

**3:00 - 4:00 pm**

Texas Empowerment Academy  
5800 E. Parmer Lane  
Austin, TX 78653



**Bring your comfort items:**

- Yoga mat
- Yoga blocks
- Pillow
- Eye/sleep mask
- Blanket
- Water bottle

Have questions? Call or email:  
512-436-0248  
[richa@supremebodybalance.com](mailto:richa@supremebodybalance.com)