


MINDFUL VETERAN P R O J E C T




Join us for the perfect Wellness Wednesday session
for the holiday season

 December 9th,
2020

3:00 - 4:00 PM 

Pacific Time

 You may find that you are able
to tune in to the sound better
because this is via Zoom
if you listen through headphones
but this is not *at all* a requirement.



[https://us02web.zoom.us/j/83573864944?
pwd=ZFJvRUJMaGhzbmZlQWUEdNQ1ZHQ1
09](https://us02web.zoom.us/j/83573864944?pwd=ZFJvRUJMaGhzbmZlQWUEdNQ1ZHQ109)

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Sound Healing

with
Sarah Brennan

Sarah will be playing
keyboard music to relax, calm,
heal, and center participants.
This is not a scripted performance,
but the music flows spontaneously
to address the needs of
those participating.
Simply sit or lie down to enjoy,
with nothing to do
other than just listen.

