

# SOUNDBATH

Soothing Sounds · Deep Rest · Grounding Practice

**Communities of Wellbeing  
invites you to our first  
event for 2026:**

Slow down, breathe and let  
candlelight & sound carry  
you into stillness.

A soothing evening of yin-inspired  
rest and sound healing to  
reset your mind and body.  
No rush, no doing — just space  
to pause, soften and restore.

Crystal bowls, gongs and chimes weave a  
soundscape to help you deeply relax. Come  
as you are. Leave feeling lighter, calmer  
and more connected.

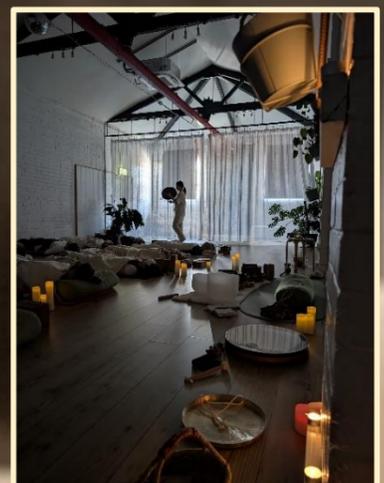
This session will give you a new relaxing  
experience to focus on your self-care,  
promote deeper sleep and decrease stress  
& burnout from life's daily chaos.

- Date: Wednesday 4<sup>th</sup> February 2026
- Time: 5.30pm – 7.30pm (arrive by 5.30pm)
- New venue: Karralyka Centre -22A Mines Rd, Ringwood East VIC 3135 (\*Mount Dandenong Room)
- BYO: Yoga mat, pillow & blanket
- Cost: Free for COWB 2025/26 financial members OR \$30 for non-members  
(NB: This is a reduced usual session price – the class is limited to 30 people so make sure you book quickly.)
- Supper/Tea and Coffee will be provided and can be accessed from 5.30pm
- Sound Bath to commence at 6pm



"Chun's Sound Baths always leave me feeling relaxed, centred and stress-free."

"I just love Chun's Sound Bath experience – a positive step for my own self-care and a way to manage burn-out."



*Satya Sound Flow*

Book here

Try Booking

<https://www.trybooking.com/DIKIQ>