

Lake Merritt United Methodist Church
presents

SOUND BATH

Immerse yourself in a transcendent sonic journey as the celestial melodies of various instruments including those of the kora, sitar, flutes, singing bowls, and gongs, envelop you in a harmonious tapestry of meditative vibrations during this transformative sound bath experience.

Join us every second **Friday**, beginning **November 10th**
7:00 – 8:30 pm

Lake Merritt United Methodist Church (Sanctuary)
1330 Lakeshore Ave, Oakland, CA 94606
Park on Lakeshore Ave at metered parking

Choose how you would like to experience the Sound Bath
(Bring your own mat or blanket/pillow)

Sitting — \$20

In chairs facing the sides of the center stage, from the periphery of the church

Lying Down — \$35

Surrounding the center stage, on carpeted and hardwood floors



Scan the QR code to purchase tickets.

