

Garden Meditation

Join us for an enchanting hour of relaxation, rest and rejuvenation. This group will incorporate interactive and receptive music relaxation practices using a variety of tools such as crystal singing bowls, chimes, guitar, drumming and voice. Bring your yoga mat or pull up a chair and pause with us.

Yale
NewHaven
Health
Smilow Cancer
Hospital

Integrative Medicine and Support Services

5520 Park Ave Trumbull CT

Thursday 9/30/21 4:30-5:30

No music experience necessary. Group will meet outside, weather permitting.



FREE of charge to those who have received or completed treatment. \$25 for the Public.

RSVP necessary: 203-290-1631 cassandra.mulcahy@bpthosp.org

Cassandra Mulcahy, MMT, MT-BC
Board-Certified Music Therapist