



*Pegasus Sound Therapy*  
*Sound Nurturing for Body, Mind, Spirit*

# Mantra Meditations

## Sound and Stillness



- **A practice of chanting from ancient traditions and experiencing inner stillness**
- **No vocal experience necessary to experience exquisite benefits**
- **Crystal and Himalayan Singing Bowls enhance the vibrations as the voice releases into silence**

Sunday, August 4, 2024  
Jacksonville Public Library

**Seating is limited.**

For more info and to reserve your seat call  
Peggy at Pegasus Sound Therapy:  
(cell) 707-382-8641

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