

PUDDLE DOCK VILLAGE FESTIVAL

SOUND BATH: JIM DOBLE, MALEINE GARGUREVICH & FOREST WESTON

Sunday, July 27, 3:00-4:30 PM

Puddle Dock Village School
275 Head Tide Road, Alna, ME

Bring a yoga mat or blanket and settle in for a deeply relaxing outdoor sound bath. Afterward, you'll have a chance to speak with the performers about the handmade instruments.



This event is presented as part of the Puddle Dock Village Festival, an arts & humanities project in support of community justice and wellbeing taking place July 5 through August 3.

Jim, Maleine and Forest have been offering sound baths throughout the mid-coast for a number of years. Using the combination of gongs, chimes, didgeridoo, and voice, they create an atmosphere of relaxation and an invitation to sink deeply inward. A sonic meditation of sorts, the experience allows listeners to make subtle healthful shifts in their psyche, inviting them to come into better balance.

Free and open to the public



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