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## SOUND HEALING WITH CRYSTAL BOWLS CALENDAR

### SOUND HEALING PRACTITIONER – CHRISTINA GONZALEZ

Join Christina as she creates heart-centered sound experiences designed to restore balance and ease. She practices harmonization with crystal bowls, weaving in soothing instruments such as chimes, drums, and flutes. Each bowl is chosen for its unique vibration, resonating with different parts of the body – including one that envelops the whole being. When Christina plays, she pours her energy and intention into every note, guiding you into a deeply calming and restorative state. For men and women 18+. Floor mat required. Blanket optional (whatever would make you feel comfortable for the hour). Sign up for one class or multiple. **Each class is \$20 or sign up for any 4 classes for \$65.**

**Location:** Hobbs Community Center Great Room, 8 Nashua Road, Pelham, NH

**Time:** Saturdays – 10am to 11am

**Session I:** January 3, 2026

**Session II:** February 7, 2026

**Session III:** March 7, 2026

**Session IV:** April 4, 2026

Registration forms can be found at our Parks and Recreation office or register online at [pelhamnh.recdesk.com](http://pelhamnh.recdesk.com). Program is subject to cancellation due to insufficient sign-ups or inclement weather. Email [recreation@pelhamweb.com](mailto:recreation@pelhamweb.com) or call 603-635-2721 with any questions.