







THRIVE WORKSHOP

SOUND HEALING: A CLINICAL & INTERACTIVE INTRODUCTION TO SOUND THERAPY


What You Will Gain:


-  Experience how sound facilitates meditation and relaxation
-  The science behind breathwork and sound therapy
-  Release emotional, physical and mental tension
-  Improved clarity, intuition and connection



Tiffany Hunt, PHD

 **SATURDAY JUNE 27th 2026**

 **2:00 PM - 5:00 PM**

 **communityharmonyyouth@spcpeel.com**
(905) 629-3044

 **Sheridan College**
7899 McLaughlin Rd, Brampton
ON L6Y 5H9
Room C328
(Free Parking)

About the Facilitator:

Tiffany is a certified sound therapist with professional experience leading sessions for Veterans, First Responders, pregnant women, youth groups and more.

Participants will be provided an interactive education on sound healing, instruction on instrument use and a mini-sound bath.