

Promoting the wellness,  
recovery, and resilience of  
adults experiencing disabilities.




**Megan Zaback LMT, CYT (MA#60343820)**

Licensed in massage and certified yoga instructor, with an extensive background in leading meditations, expressive movement, sound, and energy healing.

## Sound Bath Meditation

Guided meditation for adults and young adults (18+) combined with the ancient practice of sound immersion using singing bowls, gongs and/or chimes. The sounds are designed to promote relaxation and healing while meditating. Wear comfortable clothing. Yoga mats and zero gravity chairs provided. \*Masks Required\*

 TACID Center    Tues & Thurs: 11:45am-12:30pm

information, email [megan@tacid.org](mailto:megan@tacid.org)



ONLINE SCHEDULE  
COPY TO YOUR CALENDAR

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[TACID.org](http://TACID.org)