A DEEPLY RESTORATIVE

FLOATING *Sound Bath* EXPERIENCE

Join us at Eagle Ridge Resort & Spa at the main lodging at the pool for a serene Floating Sound Healing experience with Christy Lenaers. This immersive session blends the therapeutic tones of crystal singing bowls, and a variety of harmonic instruments with the gentle support of water while you float, guiding you into deep relaxation and inner calm.

As you settle in and float, sound vibrations travel efficiently through the water, soothing the nervous system and creating a deeply restorative meditative state.

Event Details

Date: Friday December 11th, 2026

Time: 4:00–5:00 PM
Arrival Time: 3:30 PM

Location: Eagle Ridge Resort & Spa – Main Lodging Pool
444 Eagle Ridge Drive,
Galena, IL 61036

What to Expect

This unique combination of sound healing and gentle floating on the calm water may help promote:

Benefits

- Calm the nervous system
- Deeper relaxation
- Reduce stress
- Quiet racing thoughts
- Support emotional balance
- Promote a meditative state
- Improve sleep quality
- Enhance cognitive clarity

Experience Details

- ✓ You will float on the water on a provided air mattress
- ✓ Crystal singing bowls, Tibetan bowls & a variety of instruments
- ✓ Eye mask provided (yours to keep)
- ✓ Blanket provided for comfort
- ✓ Swimsuit recommended
- ✓ Intimate group setting (15 participants max — book soon, space is limited)
- ✓ Ages 16+
- ✓ Candlelit Class
- ✓ Complimentary Spa Gift bag and bottled water

Please call **815-776-5772** or email **clenaers@eagleridge.com** to reserve your spot.

Due to occupancy, all Float & Sound bookings are nonrefundable.

INTRODUCTORY RATE:

$100 PER PERSON