

# 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:** Sunday, August 9, 2026
- 🕒 **Time:** 9:00–10:00 AM  
(Please arrive by 8:40 AM to get settled)
- 📍 **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
- ✦ Deepen 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 (10 participants max — book soon, space is limited)
- ✓ Ages 14+
- ✓ 24-hour cancellation policy (full charge within 24 hours)
- ✓ Complimentary Mimosas
- ✓ Complimentary fruit tray

📞 Please call **815-776-5772**  
or email [clenaers@eagleridge.com](mailto:clenaers@eagleridge.com)  
to reserve your spot.

✦ INTRODUCTORY RATE: ✦  
**\$100** PER PERSON