

September Sound Bath Plus

**Join us on either September 12 or 13, 2026
for a half day at beautiful Camp Kalalla**

Enjoy a Sound Bath and some time for yourself in the forest or by the lake

What? A half-day on site including a Sound Bath and free time (either facilitated or on your own)

When? Join us on either September 12 or 13. Choose either the morning session (10:00 - 1:00) or the afternoon session (2:30 - 5:30)

Why? The stress of daily living can prevent us from living at our full potential. Sound Baths and time in nature can help you manage that stress!

Where? CGIT Camp Kalalla, north of Alcove, Que (approx 45 mins from downtown Ottawa)

Who? All folks 18+ are welcome. Please reach out if physical accessibility is an issue for you.

Investment? \$50 (profits go to supporting the youth leadership work of CGIT Camp Kalalla)

More details? You will arrive, have tea or coffee, then set up your space for the Gong/Sound Bath. After the Sound Bath, you will have time to hike, sit by the water (or swim!), browse books, or debrief with other participants.

What's a Sound Bath? An experience of lying down or sitting (in comfortable clothes) and being "bathed" in sound (no water is involved). People generally find it relaxing and meditative.*

Your facilitators: Jenn Bell and Denise Morris

Jenn is a Sound Therapist at Ottawa Sound Therapy. She has been involved with community music in a variety of ways and has worked with adults and youth for many years. She gardens, canoes, read, and practises yoga. Her first training is as a teacher.

Denise is a volunteer with CGIT Camp Kalalla. She is an animator, an artist, and a caregiver. She will be on site to help with welcoming you, and getting you settled, as well as managing logistics for the weekend.

**Please join us in a time of Reflection and Sound
and further your own journey towards greater health and wellbeing**

**For more information or to register, please email
campkalalla@gmail.com
with the subject "September Sound Bath Plus"**