



FIRST FRIDAY

Sound Bath

A sound bath is a meditative experience where acoustic vibrations from singing bowls and gongs lower stress, relieve physical tension, and promote mental clarity.

Join the Employee Experience and Wellness Team for a free sound bath for all District employees on the first Friday of each month.

Scan the QR code or [use this link](#) to get a ticket.

Your experience matters.



well.jordandistrict.org