

Sound Immersion Experience

*Presented by Reiki Master Healing Palms
Elfa Noble
Art of Holistic Healing*

**Immerse yourself in the amazing sounds of Himalayan
and Crystal bowls, Buffalo and Ocean drums and more.
Bathe in their healing frequencies.**

Relax, Renew, Reboot, Reconnect

Date: Saturday, February 28, 2026

Time: 9:30 am – 11:00 am

Sign up:

Tables after worship on Feb 14/15 and Feb 21/22

Call the church office 949-644-1341

E-mail: info@stmarkpresbyterian.org

**Bring a mat or blanket and wear comfortable clothing.
Lie down and harmonize your mind, body, and spirit to release stress
and pain.**

**Sponsored by St Mark Health Ministries Commission
2200 San Joaquin Hills Rd Newport Beach
This is a free event**