

# POWER IN THE PAUSE

A SOUND & MEDITATION EXPERIENCE  
IN HONOR OF MENTAL HEALTH AWARENESS MONTH

Tuesday, May 9th at 9:15AM  
The Brody's Backyard  
5555 North Bayshore Drive

JOIN THE MORNINGSIDE CIVIC ASSOCIATION  
FOR AN OUTDOOR DEEPLY-IMMERSIVE ONE  
HOUR MEDITATIVE SOUND JOURNEY LED BY  
SABRINA OF KANEKSHUN.

KANEKSHUN HAS BEEN CREATING MULTI-SENSORY  
EXPERIENCES SINCE 2016. BY COMBINING  
MEDITATION & SOUND THEY CREATE MOMENTS OF  
PAUSE & RENEWAL THROUGH ONE OF A KIND  
AUDITORY EXPERIENCES.

ALL EXPERIENCE ELEMENTS WILL BE PROVIDED.  
PLEASE DRESS COMFORTABLY AS WE WILL BE SEATED  
ON RUGS & CUSHIONS PLACED ON THE GROUND.

LITE BITES & REFRESHMENTS WILL BE PROVIDED AFTER

**REGISTER BELOW**