



Town of Morris Beach & Recreation

109 -21 East Street
Morris, CT 06763
860-567-7437
Activities@MorrisCT.gov
MorrisCT.gov/beach-and-recreation

Sound Bath Meditation

Join Jeanine Chayka, the owner of Inspired Vibrations, as she offers a group session of Sound and Vibrational Healing to heal the mind, body and spirit.

Sound Bath Meditation: 3-session series, Wednesdays / 6:30 pm

Session dates: January 14 / February 11 / March 11, 2026

Class held at James Morris School gymnasium (10 East Street) from 6:30 pm - 7:30 pm.

\$10.00 suggested donation – cash / checks made payable to *Morris Beach & Recreation*

By signing this form, I waive all claims against the Town of Morris, its' Beach and Recreation Department and all personnel from any and all liability for any injuries, loss or other claims resulting from participation in this activity. If necessary, I give permission for the Physician selected by the Beach and Recreation Department to hospitalize, secure proper treatment for and to order injection, anesthesia or surgery for myself.

Program / Activity: **Sound Bath Meditation**

Donation enclosed: _____

Signature: _____ Date: _____

Participant's Name: _____ Date of Birth: _____

Address: _____

Town / Zip: _____ Best Phone #: _____

Email Address: _____

Emergency Name / Phone: _____

Allergies or other factors the Beach and Recreation Department should be aware of: _____

Comments: _____
