



Tucson Community
MEDITATION CENTER



Meeting 2025 with Courage: A Sound Bath and Yoga Nidra experience with Ginny Stasinski

Take a mindful pause to help set yourself up to access your courage whenever you need it. An evening of sound bath and yoga nidra designed to bring deep calm, rejuvenation, and accessing your inner courage. Join us on February 16 at 4:00 PM at the Tucson Community Meditation Center for an immersive experience of relaxation and renewal.

Through the soothing vibrations of a sound bath and the guided imagery of yoga nidra, this event offers a powerful combination to help you connect with inner courage and melt into a deep state of rest. Ground yourself in mindfulness and connect with your inner courage, setting the tone for a year of wonder, boldness, and inner calm. This program is made possible through your generous donations, ensuring it remains accessible to all. No one will be turned away due to financial limitations.

Suggested Donation: \$5 - \$15. No one will be turned away due to inability to pay.
Scholarships are available

Where: TCMC - 1147 N Howard Blvd, Tucson, AZ

When: Sunday Feb. 16 from 4:00 – 5:00 pm

Registration: – Registration is **required**, because attendance is limited to **10 people**.
Register [HERE](#)

Contact: Ginny at gstasinski@comcast.net

Teacher: Ginny Stasinski, MS, NBC-HWC, is certified in Sound Healing Rest, a mindfulness facilitator and can't wait to connect with you through the power of sound!