

# Montgomery County Public Schools Presents Inner Peace with Sound Meditation



**Monday, May 4, 2026  
6:30 p.m. - 7:30 p.m. EST**

## What is Sound Meditation?

Relax at your leisure with Sound Meditation. Also known as a "Sound Bath" or "Sound Immersion," – it's any form of sound involving metal singing bowls, percussion, chimes, gongs, tuning forks, crystal bowls, intoning, voice, and/or chanting to create a soundscape in which to be able to meditate. During this recording, you will experience sounds and tunes produced by the instructor using the various instruments listed above. Sound immersions can be very calming and quite relaxing!

## What to bring:

- Thick, yoga Mat or blankets to lay on or to stay warm, a pillow (or two!) for under your knees and under your head.
- Bring anything that you need to feel comfortable laying down for the length of time.

## Suggested item to bring:

- Headphones
- Turn OFF phone notifications for the length of the sound meditation.
- Drink plenty of water for 12-24 hours after.



**Jen Lobo Rose**

Jen Lobo Rose is a singer, voice teacher, sound therapy practitioner, composer, Reiki Level II, and owner of ResonateYou, established in August 2019. Jen has been teaching voice for 20+ years to people of all ages, and sharing sound meditations since 2020.

**CLICK HERE TO JOIN VIA ZOOM**