

SAMISH INDIAN NATION  
PRESENTS:

# TIDES OF STRENGTH

May 2, 2026 | 10:00 AM - 2:00PM

4701 Fidalgo Bay Rd.  
Anacortes, WA 98221

Free & Open to Samish Citizens, Surrounding Tribal  
Communities, and their Families

## WELLNESS ACTIVITIES



\*Sound Bath (1 Hour)

\*Yoga (30 Minutes)

\*Breathwork (30 Minutes)

These activities have limited availability,  
please rsvp to secure your spot!\*

Kids Activities

Beading

Resource Tables

Light Breakfast & Lunch Provided

All Attendees Receive a Gift

RSVP HERE!

### CONTACT INFORMATION:

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## What is a Sound Bath?

A sound bath is a gentle, meditative experience where you relax while sound waves move around you. There's no water involved; the idea of a "bath" comes from being surrounded by layers of sound. Instruments such as singing bowls, gongs, tuning forks, chimes, and drums create calming tones that help the body settle. You don't need to chant or focus in any special way. You simply rest and allow the sound to support natural relaxation.

## How Does a Sound Bath Work?

Research is still growing, but early studies show that sound baths can help reduce stress and support emotional wellbeing. Certain tones can activate the body's rest-and-digest response, which slows heart rate and eases muscle tension. Vibrations may also guide the brain into calmer wave patterns that match meditative states. Some studies link sound baths with lower cortisol levels and better stress recovery. Scientists continue to explore how different sounds and frequencies affect the mind and body.

## What to Expect During a Sound Bath

Sound baths are usually held in a quiet, comfortable space where participants lie down on mats or blankets. Sessions often begin with a brief grounding moment, such as slow breathing or setting an intention. The facilitator then plays instruments in gentle, steady patterns that rise and fade. Some move around the room to create a more immersive experience. Sessions end with a few minutes of stillness before participants stretch and sit up when ready.

## Breathwork

Breathwork is an ancient modality and has been used for thousands of years to support physical, mental, emotional, and energetic health and wellbeing. The breath is linked to the nervous system, and by intentionally connecting to the breath we can begin to offload stress, cultivate more safety in the body, and build greater regulation and capacity to handle life's stressors.

Guided breathwork sessions weave guided meditations and visualization practices with a variety of different breath practices to support each individual in their unique goals and intentions. This is a powerful modality that provides the opportunity to reconnect to yourself, offload stress, and nourish all aspects of your wellbeing.