



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

**NSYMCA Introduces Sound Bath & Neurographic Art Experiences to
Support Community Well-Being**

Two new experiences designed to support mind, body and spirit for all ages

Northbrook, IL— February 2026— In response to growing interest in stress reduction and creative wellness practices, the North Suburban YMCA is introducing two new experiences designed to support mind, body and spirit: **Sound Bath** and **Neurographic Art** sessions.

These offerings reflect the Y's commitment to strengthening communities by providing inclusive spaces where people can relax, connect and reach their full potential.

Sound Bath is a guided meditative experience where participants are immersed in calming tones and vibrations produced by instruments such as crystal singing bowls and gongs. The practice may promote deep relaxation, reduce stress, support emotional balance and improve sleep.

Neurographic Art is a creative method that combines mindful drawing with reflective intention-setting. Participants use flowing lines and shapes to transform stress into visual expression, helping reduce anxiety, encourage focus and unlock creativity. No artistic experience is required.

"At the Y, we believe well-being includes spirit, mind and body," said **Megan Vazquez Sr. Director of the NSYMCA** "These sessions create welcoming spaces where community members can pause, recharge and connect in meaningful ways."

Both experiences are designed to be accessible and inclusive. Participants are invited to engage at their own comfort level, and no prior experience in meditation or art is needed.

As communities continue navigating busy schedules and ongoing stressors, the Y remains committed to providing opportunities that improve overall health and well-being while fostering connection and belonging.

The sessions will be held:

What: Sound Bath and Neurographic Art

When: Saturday, March 7th 1:00-3:30 pm
Sound Bath 1:00-2:00 pm
Neurographic Art 2:15-3:25 pm

Where: North Suburban YMCA 2705 Techny Rd. Northbrook, IL

Cost: Sound Bath only: NSYMCA Member: \$50/\$65.00
Neurographic Art only: NSYMCA Member: \$40/NM\$55
Sound Bath & Neurographic Art: NSYMCA Member \$75.00/NM \$110.00

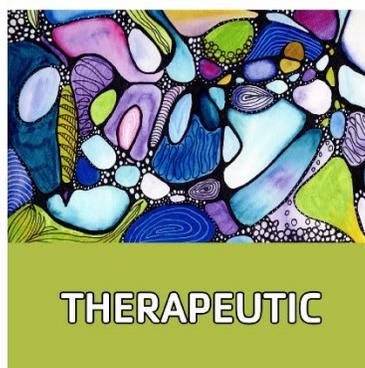
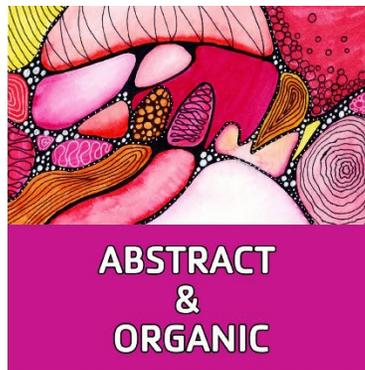
Registration: [CLICK HERE](#)

Space is limited, and early registration is encouraged.

About the North Suburban YMCA: The North Suburban YMCA services Northbrook and 14 surrounding communities with programs and tools that help its residents become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at NSYMCA.org



NORTH SUBURBAN YMCA



Caption: North Suburban YMCA is introducing two new experiences designed to support mind, body and spirit: **Sound Bath** and **Neurographic Art** sessions.