



COSMIC ROOTS
SOUND EXPERIENCES FOR
PRESENCE, REGULATION & WELLBEING



SUNSET SOUND JOURNEY



AT BADI MEGGEN



As the sun sets over Lake Lucerne and the Badi closes for the day,
we gather to relax, release and be carried by live sound.

Lie down, breathe and immerse yourself in the vibrations
of gongs, crystal bowls and other acoustic instruments.

NO EXPERIENCE NEEDED
Just bring your mat and a blanket.



THURSDAY 27 AUGUST 2026

20:30 – 22:00

with Ana Sonar



WHEN
THURSDAY
27 AUGUST 2026
20:30 – 22:00



WHERE
BADI MEGGEN



NO EXPERIENCE
NEEDED



LIMITED
PLACES



BRING YOUR MAT
AND A BLANKET



CONTRIBUTION: 25 CHF



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