



KUDOS – Presbyterian Village North (PVN)

Feb 28, 2025 08:50AM • By Bernice Butler



Presbyterian Village North (PVN) recently hosted an inaugural wellness event introducing its senior residents to the transformative practice of **floating sound baths** at their **Indoor Lifestyle Fitness Center** pool. This session, led by master reiki practitioner **Meghan Herrera**, of **Graceful Transcendence**, an intuitive healer renowned for her expertise in sound therapy and senior wellness, marked a significant step in integrating holistic therapies into senior wellness programs. She combined the resonant tones of crystal singing bowls, chimes and gongs with gentle reiki energy work, creating an immersive experience designed to nurture the mind, body and spirit.

Participants floated comfortably in the pool's calming environment, allowing the harmonious sounds and healing energies to promote deep relaxation, alleviate stress and clear energy blockages.








PVN Wellness Director **Shannon Radford** emphasized the importance of such innovative therapies, stating, "Introducing our residents to diverse wellness practices like floating sound baths enriches their lives and supports holistic well-being." PVN offers a full range of fitness classes and wellness education designed to nurture mind, body and soul and promotes active living in all its programs.

Location: 8600 Skyline Dr, Dallas. For more information, call 214-355-9001.

MARCH 2025



Upcoming Events Near You

- 
Tuesday Night Meditation at the Dallas Shambhala Meditation Center
 7:00pm · Dallas Shambhala Meditation Center
- 
Heal Your Life Transformational Workshop with Kinjal Shah
 5:30pm · Unity of Dallas
- 
Heal your Life study course
 5:30pm · Unity of Dallas
- 
The Transformative Writer's Circle: Cultivating Personal Growth and Wellness
 7:00pm · Entelechea Center
- 
Toddler Nature Time
 10:00am · LLELA Nature Preserve
- 
Celebrate Recovery
 5:30pm · First United Methodist Church
- 
Texas Virtual Family Support Group
 6:00nm · Virtual Event

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