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Uplift Your Life

NOURISHMENT OF THE SPIRIT



Uplift Your Life: Nourishment of the Spirit
Thursday at 8 AM Pacific
**July 29th 2021: Floatation Tanks Are Changing
People's Lives and The World**

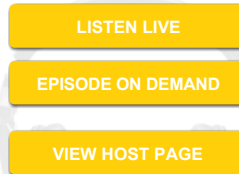
Professional athletes from the NBA and NFL, business leaders, celebrities, and creative professionals have been using floatation tanks for years. The benefits are well-documented, and include stress relief, rebooting the brain, and feeling a calm that lasts. Floatation tanks help people experience reduced stress and anxiety, muscle relief, improved focus, and an enhanced sense of well-being. The profound relaxation and peace people feel even stays with them during moments of extreme stress. Many people achieve deep meditative states, and Navy Seals decrease the amount of time it takes to become

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Featured Guest



Glenn Perry

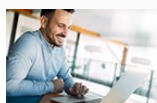
Glenn and Lee Perry founded Samadhi Tank Co. and the commercial floatation tank industry in 1972. They pioneered what has become a global industry. In their new book, *Floating in Quiet Darkness: How the Floatation Tank Has Changed Our Lives and Is Changing the World*, they tell how floatation tanks help people reboot the brain, access deep calm, and invigorate childlike creativity. Please visit them at www.samadhitank.com.

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