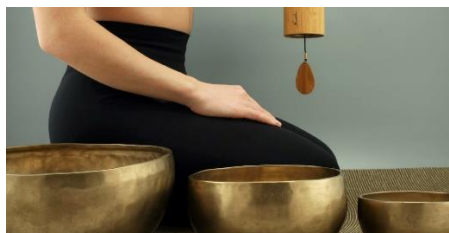


Services

Sound Bath Experience



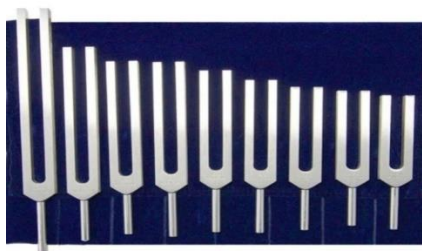
30 Minutes \$20.00

Full Sound Bath Experience



60 Minutes \$40.00

Tuning Fork Session



30 Minutes \$20.00

A **sound bath** is a meditative experience where participants are "bathed" in sound waves. These waves are produced by various sources, including healing instruments such as **gongs, singing bowls, percussion, chimes, rattles, tuning forks**, and even the human voice itself. During a sound bath, you lie on your back (similar to the Savasana position in yoga) while a sound healing practitioner facilitates the experience. The music doesn't have a catchy melody or rhythm like you'd find at a rock concert or symphony. Instead, it's a carefully selected wash of instruments and voice with notable resonance and overtones.

The intention behind a sound bath is to change and balance the energy of the participants. Unlike traditional music, where melodies and repeated beats engage the brain, sound baths aim to help participants release and let go. The brain doesn't recognize repeated patterns during a sound bath, allowing for deeper relaxation.

Here's what happens during a typical sound bath:

- Participants lie down on their backs.
- The sound healing practitioner plays various instruments or uses their voice to create resonant sounds.
- Sometimes the entire group participates with chants, mantras, or rolling "oms."
- A guided experience like this generally lasts between **15 and 60 minutes**.

- Afterward, participants may be advised to move slowly when transitioning to a seated position. Other advice includes staying hydrated, getting rest, and remaining relaxed.

****Benefits of Sound Baths**:**

- ****Relaxation****: Sound baths induce deep relaxation by balancing energy fields.
- ****Increased Wellbeing****: Participants often experience an increased sense of wellbeing.
- ****Expanded Awareness****: Sound baths can lead to expanded awareness and inner visionary experiences.
- ****Physical Healing****: Some practitioners believe that sound baths may foster physical healing as well.

In summary, sound baths offer an inward meditative musical journey that helps you let go and receive realignment to your energetic body using powerful sound vibrations. These therapies are based on the quantum theory that our bodies are instruments of frequency and vibration. By resetting energy centers through sound baths, corresponding parts of your body can heal, promoting overall health and well-being.

Disclaimer:

This product or service is not intended for medical cure. It is important to consult with a qualified healthcare professional for personalized advice related to your health condition. Always follow their recommendations without delay, regardless of any information you read elsewhere.

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