

What is a Sound Bath? (This private session is through Zoom)

A Sound Bath is part meditation, and a healing musical performance using percussion instruments, gongs and Himalayan and crystal singing bowls to name a few of the instruments used. The results are waves of peace, heightened awareness, and relaxation of the mind, body and spirit. Some people experience emotional healing.

A Sound Bath can be an unforgettable sound experience for those who seek deep relaxation, rejuvenation and an acceleration of their inward journey. Time is suspended as you enter a world of vibration, sensation and experience. Physical injuries can be healed and old emotional traumas released.

As you relax, the vibration of the human body conjointly mixes with the sound vibration of the given instruments creating a sense of relaxation. Sound bathing calms our often over stimulated nervous system and balances the body...so let the waves of sound bathe over you and enjoy the journey.