

# Vibrational Sound Bath Therapy (31 GBP)



Location **East Midlands, Nottinghamshire**  
<https://www.freeadsz.co.uk/x-546358-z>

Come and immerse yourself in a bath of profound vocal and percussion sounds that are healing to your body, mind and soul...

A Sound Bath is a form of healing that you can experience whilst resting in a safe and secure place! It's a session in which the body's nervous system is nourished with deep vocal and percussion sounds that allow the body and mind to find its natural balance.

What happens during a Vibrational Sound Bath Session

Nila will start off with a little commentary just to get you into a relaxed state of mind. She will then play the gong and sing some vocal sounds and incorporate percussion instruments sounds that will enable you to relax further and allow the body to find its natural balance and to have the space for inner insights and reflections....

Most people lie down on a mat and a pillow during a sound bath and they cover themselves with a blanket or something warm. Others may choose to sit on the floor or on a chair with something warm around them. You can cover your eyes with a mask if you wish to but it's not necessary. The room is often darkened or with soft lighting during the sound bath. The session lasts for about 45 minutes to one hour.

Most of the sounds are made from one place, however, it is a very intuitive form of healing in which Nila may be drawn to move around the room with either the vocal or percussion instruments.

A sound bath can be a very special and memorable experience for those who seek relaxation,

rejuvenation and acceleration in their inner journey of healing. As our bodies are made of up to about 70% water, sound vibrations in the body can be used to help the body return to a state of balance and harmony. Sound vibrations may be used to help the body release old energy and to be realigned.

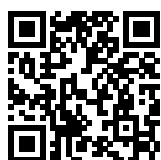
It is advisable not to smoke or drink alcohol before or after a sound bath. It is good to drink plenty of water after the sound bath in order to help eliminate any toxins that may have been released. Please note that the healing may continue over a few days after the session in which the mind and body may continue to be realigned.

This event will only go ahead if there are a minimum of 2 people. The room can accommodate a maximum of about 8 people. To secure your place, please register your name with myself by Facebook



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private message, email click to contact or text on 07801710346 078017103...(click to reveal full phone number) . Advanced booking is minimum donation £10.00 or more or on the day minimum donation £15 or more subject to spaces available. Advanced donations can be made by bank transfer. Bank details can be provided upon registration.

Precautions/Contraindications:

Pregnancy: This session is not recommended during the first and final trimester of pregnancy due to the unstable nature of any pregnancy

Pacemakers: This session may resonate or change the rhythm of a pacemaker

Metal implants/pins/screws: this session may resonate the metal Mental Health Condition: This session may not be suitable for...

anyone with a severe mental health condition

Tinnitus/Meniere's Disease/Epilepsy: Any condition which is sound sensitive or could be triggered by sound.

Getting the best from your Vibrational Sound Bath Healing

After the session, the body may go through a period of integration. The healing process usually takes two to three days. During this time, your body may be moving to a more balanced state. As your body balances itself, the old symptoms and feelings may re-appear. Some symptoms may temporarily get worse before they get better.

Take care when driving immediately after this session. Avoid heavy work after the session and avoid drinking alcohol on the day of the session. Take it easy for the next few days, be kind to yourself, rest as much as possible and drink plenty of water. (at least four glasses a day).

If you would like more information, please check out the facebook page:

<https://www.facebook.com/sacredlotusenterprise/>

Thank you