

SOUND BATH

What is Sound Healing? An ancient practice using various instruments to produce sound vibrations that help relax the mind, ease body tension, soothe the nervous system, and assist the bodys natural healing system. Benefits may include: Reduced stress & anxiety. Enhanced creativity & intuition. Unblock stagnant energy and emotions to promote healing. Improved states of well-being physically, emotionally, mentally and spiritually. Feel calmer and more peaceful.

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