



V5 September 2023

Guidance for Sound Bath Meditation & relaxation

SOUND HEALING IS IDEAL FOR YOU IF YOU ARE:

1. Open minded and looking for a new way to move forward in your life, especially if you want to make change to a more harmonic way of living.
2. Balanced, healthy and happy life and you want to keep your vibrations high.

WHAT ARE THE BENEFITS TO SOUND BATHS, RELAXATION AND MEDITATION?

- Increased self-awareness and self-esteem
- Improving self-regulation
- Better focus and concentration
- Enhanced health
- Decreased stress & anxiety
- Increased sense of calm
- Improved sleep
- Skilful responses to difficult emotions
- Increased empathy and understanding of others
- Improved impulse control
- Increased appreciation for life

TOP TIPS FOR THE SESSION:

- **What is a sound bath?** The practice of sound bathing, as the name suggests, is the practice of being deeply immersed in sounds and vibrations that have the power to cleanse and heal. It is a journey of self-discovery through deep relaxation and meditation. Taking a sound bath is taking a holistic approach to relaxation and healing. It can be a perfect escape from the modern stresses of life. A sound bath can cleanse your soul and restore your balance. This stems from the immense power of sound and vibration. Sound has a great influence on our emotions and health and can make us feel happy, energized and relaxed. With her reiki training, Kimberley is able to channel guides and messages for clients.
- **Is it safe?** Please see this fantastic blog article regarding some health conditions and illness that you need to consider e.g. epilepsy, heart conditions and severe mental ill health.
<https://www.shantibowl.com/blogs/blog/dangers-of-singing-bowls>
- **Being mindful** in anticipation for your sound bath will help relax and prepare you for the process of sound healing. Bringing any emotions or thoughts to your sound bath session can inhibit the healing and cleansing process. Be aware of your thought process and try to avoid distraction in order to fully benefit from the session.
- **Keep yourself hydrated** throughout the day. Sound waves travel better through water. When you are well hydrated, you will have a better experience. Eat light and healthy food. A sound bath becomes more impactful when you have an empty stomach.
- **Bring** a good quality yoga mat, warm blanket, cushions or pillows especially an extra one for under your knees or hips, and fresh water. Your head will be towards the bowls.





- Set your **intentions and be positive**.
- Wear **comfortable and flexible** clothing. An extra pair of socks is a good idea; even in summer.
- Try to **arrive 5-10 mins** prior to your sound bathing session. Empty your bladder or bowels to ensure you are not uncomfortable or distracted. Settle yourself in the space with a calm mind.
- The sessions will last between an hour and 75 minutes depending on the energies in the room. Kimberley will leave enough time between other session so please don't rush.
- During a sound bathing session, guests may feel intense vibrations surrounding their body. Some will receive those vibrations and feel themselves moving to a meditative state. Others may experience emotional release. Have a clear intention and let go of your stress. Whatever you feel is all good, so let your feelings come and go whether it's laughter, crying or anxiety. **Breathe through** – focus on inhaling and exhaling. Being open in this manner will help you release deep-rooted emotions. You might have moments where you feel very happy or very sad. You might even cry during the session. Whatever happens is fine. Let your emotions flow and accept the release. The sounds may cause irritation, and this can be considered as the vibrations being met by a blocked chakra. Again, use your breath and let the sound be. Avoid being distracted by other sounds in the room such as snoring or crying by remaining focussed on your breath.

HOW MUCH DOES IT COST?

Kimberley is passionate about offering affordable relaxation and holistic sound healing services for anyone in need. As a new business that works to promote health, happiness and wellness, she prefers to invite clients to invest **£9-16** dependant on location (check venue details on advertisement or with Kimberley) for a group session and £58 for a private 1:1 session. This is to take into account room hire charges, accredited memberships, insurances and continual training. Kimberley can accept cash if agreed in advance though prefers also have BACS/Bank Transfer please; to secure your space/appointment. Should you prefer to pay cash, an invoice will be sent to you. Kimberley will fully refund should you cancel with a minimum of 48 hrs notice, or if within the 48 hrs transfer the space to a friend/family member should all forms for the new person be completed.

Kimberley Vallis – SORT CODE: 07-08-06 and ACCOUNT NUMBER: 29588721

PAY IT FORWARD

You can choose donate more and pay it forward for an adult, child or young person to attend a group session or 1:1 session for free. Kimberley is enthusiastic about providing health and well-being services to all including children and young people in the community especially through her programme “**High Vibes**”. Please speak with Kimberley if you would like to support others in this way.



If you have any further questions or queries, please do not hesitate to get in touch with Kimberley either in person or by email. If you would like to book for a group session or 1:1, please look out for events on the FB page or contact Kimberley directly. If you are happy and would like to proceed for a booking in a group or 1:1 session, please complete the consent form (attached with this sheet) and email to Kimberley at least 2 days before the session. I can also offer chairs if lying on the floor is difficult to you.

Thank you for your consideration.

With gratitude, love and light

Kimberley xx

P.S. any questions please do ask.