



Living Well North Tyneside

Supporting Health and Wellbeing

Venue: Room 11 Linskill Centre,



Time: 11:30am - 12:30pm



Cost: £2



Type: Face to Face

A therapeutic Sound Bath intentionally uses sound to achieve a sense of restorative rest in the mind and body.

The ultimate aim is to calm the active brain state and relax into a more pleasant state of consciousness and thus boost the body's natural healing abilities.

There is no effort required. There is some time devoted to breath work intention setting and a guided meditation and then you will be taken on a sound journey.

Take some time to slow down and relax with a calming sound bath. Lie back, get comfortable and allow the sounds and vibrations to help you switch off and enjoy some peaceful time for yourself. 18+ , please bring blanket, yoga mat & anything to make you feel more comfortable. This session is 1 hour long

Please note: A sound bath requires a period of stillness and quiet to allow everyone to fully relax and enjoy the experience.

When booking, please bear this in mind. Mobile phones must be switched off during the session, and participants will need to remain still and quiet for the duration.

Thank you for helping us create a calm and peaceful environment for everyone.

Please visit eventbrite to book or email info@sarahs-star.org.

We have a sound bath monthly on a Thursday 11.30-12.30

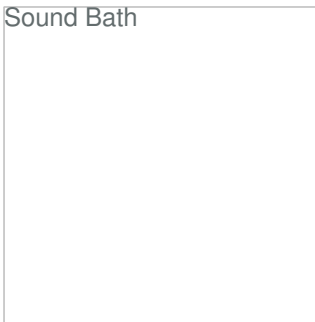


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Related Documents

- [Sound Bath in Sarah's Star.png](#)

Sound Bath





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Room 11 Linskill Centre,
North Shields



<https://www.sarahs-star.org>



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