

What is a sound bath?

A sound bath is the experience of being fully immersed in sounds and vibrations. Sound baths can take you on a journey of deep relaxation and meditation.

How to Prepare for Your Sound Bath

- Stay hydrated throughout the day. Sound waves travel better through water.
- Eat light, healthy food at least 2 hours before the sound bath.
- Wear warm, comfortable, and flexible clothing. Keep a blanket or throw next to you just in case.
- Although it's recommended that you lay down for the sound bath session. Here are some additional tips:
 - 3 ways to lie down: 1) Bed 2) Couch 3) Place a yoga mat, or blanket on the floor.
 - Optional:
 - Use a yoga bolster under your knees. Alternatively, you can roll up a towel and place it under your knees.
 - Use a pillow or folded towel at the top of the mat for your head.
 - Place an eye pillow close by.
 - Have a blanket or throw close by, in case you get cold.
- Headphones are recommended. Over-the-ear headphones are best if you have them, if not - any type will do. If this isn't accessible, using your normal speakers works too. If you do use headphones, remember to change Zoom's output setting to your headphones.
- Turn off notifications on any electronic devices in the room.
- Let people know that you'll be in the sound bath session, to avoid interruptions.

- We'll do a sound test during the first 5 minutes of our session to make sure that your levels are good for you.
- If the sound experience turns out to not be pleasant for you, please feel free to leave the session - or take a break and join us at the end. Sound works differently with everyone - and you know your body and mind best.