



# Living Well North Tyneside

Supporting Health and Wellbeing



**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.

Telephone: 07467688860 Email: [info@sarahs-star.org](mailto:info@sarahs-star.org)

This is an adult only session.



[wellbeing](#) | [sound healing](#)

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## Related Documents

- [Sound Bath.png](#)

Sound Bath



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Studio  
Linskill Centre,  
North Shields



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



Last Updated - 19th July 2024

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