



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.

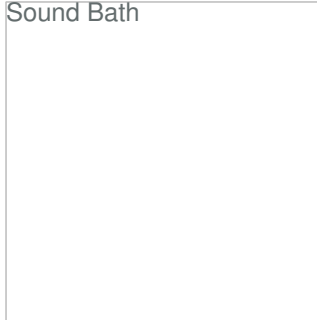
Telephone: 07467688860 Email: info@sarahs-star.org

This is a adult only session.



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Sound Bath



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Dance Studio Linskill Centre,
North Shields



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

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