

SOUND BATHS

Relax & take some time for yourself

Simply lie down on a yoga mat or chair with a blanket & pillow & relax whilst I play a variety of instruments around & over the body to facilitate calm, relaxation & healing.

- * Relax & unwind
- * Guided sound meditation
- * Melt away stress
- * Balance your energy
- * Create inner tranquility

Leicester

Fri 7:30pm
Clarendon Park
LE2 3AH
28th Nov
16th Jan
6th Feb
6th March
24th April
8th May
5th June

Tilton

Tues 7:30pm
Tilton LE7 9DB
11th Nov

10th Feb
14th April
9th June

Oakham

Sat 3pm Exton
LE15 8AP
29th Nov
31st Jan
28th Feb
21st March
16th May
27th June

Houghton

Yoga & Sound
Tues 7pm
Houghton
LE7 9GE
18th Nov
16th Dec
20th Jan
17th March
21st April
19th May



Neuroscientists estimate that we have between 12,000 to 60,000 thoughts per day. Expecting this constant stream to suddenly stop is like expecting your heart to stop beating. All my offerings are about stilling those thoughts and coming back to the centre of our being where all is quiet and still, giving ourselves a moment to be not to do. With Yoga and Somatics we have the opportunity to give ourselves space to be calm and peaceful, so we can see what the body has to say, as we move more freely releasing both physical and emotional stresses that we might be holding in our bodies. With Sound baths we can come into stillness and instead focus and envelope ourselves into the healing tones and vibrations.

Info & booking:

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