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**Pure Sound**

Relaxation and Meditation through Sound

**Before the Sound Bath**

Before you come for your Sound Bath there are a few things to share with you so that you know what to expect, and so that you can make the most of your sonic experience:

1) Please arrive on time or a little early. 70-minutes will be allocated to your sound session.

2) Please wear comfortable clothing.

3) It is advisable not to have a heavy meal or alcohol beforehand.

4) You won’t be expected to do anything; this is your time to simply lie down, be open, and receive. A treat to yourself.

5) You will be asked to lie on soft padding on the floor. Lying horizontally on the floor is the best way to enjoy a Sound Bath, however, if this is not possible or comfortable for you please let me know in advance and I will arrange a comfortable chair for you.

6) I will provide a safe, nurturing and supportive space for you during your sound session; holding the space to enable any therapeutic self-healing to occur.

7) There will be gong sounds and also sounds produced by other compatible instruments. Some people feel a sense of deep relaxation, some people may see colours, and sometimes people get sensations which may intensify for a few minutes before disappearing.

8) The Sound space is a neutral space of no judgement.

9) Client confidentiality is assured.

10) Please let me know before hand of any current medical conditions.