



SOUND BATH

with Himalayan Singing Bowls

10th May 2024

7pm-9pm

£25

including Refreshments

A relaxing evening of Sound Therapy with Anita Howarth

Immerse yourself in the ancient healing sounds of Himalayan singing bowls. The gentle, therapeutic sounds induce a deep state of relaxation, lowering blood pressure, and promote a state of meditative tranquillity. The gentle vibrations flow through the body, encouraging the body's natural healing, helping you to unwind and connect with your inner self.

Join Anita for some gentle yoga, easing into an hour of sound bath integrated with yoga nidra, followed by refreshments. Enjoy a myriad of health benefits, including; reduced stress and anxiety, enhanced focus and mental clarity, diminished tension and fatigue, improved mood, better sleep and elevated spiritual well-being. This deeply relaxing experience is designed to calm your body and mind, encouraging self-healing and emotional release in a safe environment.

Please contact Vicky at vicky@yogabelleza.com or mobile 07761977537 to book