



Blissful Dragon Therapeutic Sound

Soundbaths and Gongbaths

Soundbaths

Soundbaths offer you the opportunity to relax deeply while being accompanied by the therapeutic sounds of Himalayan Singing Bowls, Gongs, Crystals Singing Bowls and Therapeutic percussion such as chimes and rainsticks. During the session, you will lie on a comfortable mat with cushions and blankets, and experience the beautiful sounds of the instruments washing over you, which will send you into a deep meditative state. As the session draws to a close, you will be gently brought back to complete consciousness with a selection of percussion instruments. After making sure you are grounded, there will be opportunity to reflect, if you wish, on the process and what you experienced during your journey.



Gongbaths

The gongbath is chance to experience a meditative process on a deep level, allowing the body's systems to relax, rebalance and re-energise, accompanied by the therapeutic sounds of the Chau, Sun and Wind Gongs, and Therapeutic percussion such as shakers, rattles and rainsticks. During the session, you will relax while you experience the beautiful sounds of the instruments washing over you. As the session ends, you will be gently brought back to full consciousness with a selection of therapeutic percussion instruments. After making sure you are grounded, there will be opportunity to reflect, if you wish, on the process and what you experienced during your journey.

This is a similar process to the Soundbath but many people have found the gongs more energising.



Blissful Dragon Therapeutic Sound
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Requirements:

Please wear comfortable clothes to sessions as you will be lying on the floor. If you are unable to lie down, a chair will be provided.

Health and Wellbeing

Your health and wellbeing is most important and regular soundbaths and gongbaths will help with reducing stress, encouraging better sleep, and allowing a rebalance of mind, body and spirit.

These sessions are suitable for almost everyone, but there are some people who cannot take part:

- Pregnant women in their first trimester.
- People who have or have had epilepsy or seizures which they believe are triggered by sound.
- People who are being treated or currently have serious mental health conditions.

A health-check form will be completed before the session begins.

If you have any queries or would like further information, please get in touch.



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