

Look out for TheSoundSanctum.com coming to the Chilterns MS Centre, to raise £££



WHERE: The Chilterns MS Centre, Oakwood Close, Wendover, HP22 5LX, Bucks
Telephone: 01296-696133

WHEN: Saturday 7th September 2019

THREE SOUND BATH SESSIONS to choose from:

Session A @ 10.00 - 11.30 am

Session B @ 1.00 - 2.30 pm

Session C @ 4.00 - 5.30 pm

The Sound Bath Sessions will be up to 90 minutes with a selection of various instruments to intuitively choose from such as Gongs, Chimes, Tongue Drum, Native Flute, Angelic Harp, Quazophone, Shamanic Drum, Shruti, Rain Tower & Koshi.

SESSIONS WILL START ON TIME & there will be no entry once a Session has commenced. There are 20 places for people lying on their own Yoga Mats and up to 5 places for Wheelchairs in adjacent connected Open Annex space. State which session you want to book and if using a wheelchair.

DONATION TO THE CHILTERN MS CENTRE £25 per person is payable upon Booking. ALL DONATIONS PAID GO DIRECTLY to the Centre to be used for Treatment Sessions for Members.

BRING: For your own comfort; Please bring your own Yoga Mat, Blanket and Pillow & Water.

REFRESHMENTS: Pop in 45-60 mins before your Session starts so you can have a Cuppa and Snack.

BOOKING & non refundable DONATION PAYMENT to be made using The Chiltern MS Centre's own Website where this Event will be advertised July and August up to the day before the Event Date. www.chilternsmcentre.org

What is a Sound Bath?

A Sound Bath is to be fully Surrounded and Immersed in Vibrational Sound that resonates through all the cells in the body and takes you on a Deeply Relaxing Journey of self discovery. We are made up of 70% Water therefore possess the Perfect Medium for Vibrational Sound to reach every part of our Being.

We benefit by the Vibrational Sound creating within us the Perfect Climate for total Relaxation enabling our Brainwave State to move from its normal Beta or Waking State down to the Alpha or Conscious Relaxed State, then to the Theta or Dreamlike State and sometimes we may even reach the Delta or Deep Sleep State where we can experience a Decrease in Heart Rate, Blood Pressure whereby our Bodies Relax so much that our Breath Deepens so we can be Receptive to Deep Self Healing.

Vibrational Sound affects our Nervous System whereby it can switch on our Relaxation Response using our Parasympathetic Nervous System. We spend too much of our precious Time in the Fight or Flight Mode of our Sympathetic Nervous System.

Receiving The Vibrational Sounds and Tones offered during a Sound Immersion with Gongs, Bowls, Chimes, & other Instruments we offer our Whole Being the opportunity to resonate with Higher Healing Frequencies & automatically Let Go of Lower Vibrational thoughts, emotions and feelings.

You may well benefit from Regular Sound Baths to:

- * Reduce Stress
- * Relax
- * Reduce Anxiety
- * Lower Blood Pressure
- * Sleep better
- * Strengthen your Immune System
- * Balance both Brain Hemispheres
- * Give your cells a Sonic Massage
- * Clear negative energy/emotions
- * Allow freer access to your Higher Self
- * Increase Creative, Intuitive and Energy Flow & Motivation
- * Remove toxins and blockages
- * Release and Clear Redundant self-limiting behaviours that no longer serve you

So I invite you to Open Your Heart, your Mind & your Spirit in this Safe Vibrational Space

Namaste 🙏
TheSoundSanctum