

Come relax and resonate with the vibrations of 16 crystal singing bowls, chimes, and gongs. This session will allow you to entrain the natural harmonic frequency within your body helping you to feel more centered, grounded and relaxed. These vibrations will affect your body on a cellular level. Working with the parasympathetic nervous system, these sounds will get you into the “rest and digest” mode where the body does its healing. Some participants will drift off and others will be sitting being present with whatever arises.

Vibrational sound therapy has been shown to help lower blood pressure, decrease anxiety, alter states of consciousness, and many other benefits.

Please bring a pillow and blanket for comfort, or you can seat on the chairs provided. We will be receiving the vibrations of the bowls/gongs for around 40 minutes so be prepared to settle in for a bit.

So what is a sound bath?

A sound bath is an immersive vibratory experience that will leave you feeling more centered, grounded, and relaxed. Participants are asked to lay on the ground with pillow and blanket (or sit in a chair if necessary) and get as comfortable as possible. Then the low rumble of the 36” gong will slowly begin to overtake the room. Once the gong has done its job the sounds of 16 different singing bowls will send you on an auditory journey that will resonate through all 7 chakras. Using a variety of binaural paired bowls your brainwaves will naturally entrain with the frequency allowing for deeper relaxation.

What is a binaural frequency?

A binaural frequency is two different bowls that have a very similar sound. These two sounds are only a few Hz off of each other and your ears cannot audibly distinguish the two so you hear the difference in them. This creates a bit of a womp womp sound that is faster or slower based on the difference in frequency.

What do I need to do for the sound bath?

Simply show up and allow the bowls to resonate throughout your body.

We will be raffling Gift Certificates for different healing modalities among those who participate. \$10 - \$15 suggested a donation. Bring a friend.

*Hope to see you there,
Carmen Hironimus
530-680-8339*

Limited space available. Please get your tickets to ensure you will be able to participate:
www.carmenhironimus.com/meetup-soundbath/