



## SOUND THERAPY MALVERN SOUND BATHS

<https://soundtherapymalvern.com/news-and-events/>

### **About the sound baths:**

**Bringing harmony to out-of-tune bodies with a mix of Biofield Tuning (tuning forks) and Classic Sound Healing (voice/vocal toning, shamanic base drum, ocean drum, singing bowls, tubular bells, Koshi chimes, thunder box and percussion instruments, etc.).**

Lorraine from Sound Therapy Malvern, offers sound baths with a bit of a twist! We start with the option of having a sacred anointing oil on your wrist (using essential oils considered safe), bringing their soothing energy to the experience. You can also choose a crystal to hold, or you can bring your own. Then it's off into Biofield Tuning with a guided sound healing meditation through the chakras (energy centres or plexus of nerves, think of them as the electronic junction boxes of the body), and into a journey of sound ... 'everything is energy, frequency and vibration'! The aim is to calm the central and peripheral nervous systems to help the body heal itself.

75-minute sound baths also include an oracle card reading at the start.

Private sound baths: we can customise which elements you prefer for your participants during a pre-event consultation.

### **What to bring with you:**

Things to bring with you: an openness to healing and transformation (naturally!) ... plus, things to make you feel comfortable and warm (when you are lying still your body temperature drops) ... yoga mat / air bed or reclining garden chair ... layers of clothing, pillow and blankets (maybe an eye pillow if you like) ... bottle of water to stay hydrated.

### **Please be aware of the following contraindications/cautions to these sound baths:**

- **First trimester of pregnancy** (contraindication)
- **Pacemakers and other electrical implants in the body** (caution). I do not play large gongs at these in-person group sound baths and the sounds are acoustic, not amplified, so the physical vibrations travelling through the body are gentle. If your medical team have advised against attending live music events, follow their advice and do not book in. If in doubt consult your doctor or medical team.
- **Sound baths are generally good for mental health and wellbeing, but not during an acute episode of mental illness or psychosis** (contraindication – contact me to discuss)
- **Epilepsy** (contraindication)

Please note that there is a client form that must be completed. You can either download it, print it out, complete and email back (page 2, below), or you can do the quick and simple online form on my website: <https://soundtherapymalvern.com/news-and-events/> (your details are not stored on the website, they are sent to my email so I can plan the event).



## SOUND THERAPY MALVERN SOUND BATH BOOKING FORM

Email completed form to Lorraine: [soundtherapymalvern@gmail.com](mailto:soundtherapymalvern@gmail.com)

Follow this link for more info about my sound baths. You can also **book in online** by following this link:  
<https://soundtherapymalvern.com/news-and-events/>

<b>Sound Bath Date &amp; Venue</b>	
<b>Full Name</b>	
<b>Address</b>	
<b>Email Address</b>	
<b>Mobile Number</b>	
<b>Any allergies, disabilities, health issues? (so I can plan the session accordingly)</b>	
<b>I confirm I have read the information about the sound bath and contraindication, and I agree to participate at my own risk (informed consent). I agree to be contacted about this event by email/mobile</b>	
<b>I would like to receive notifications about future events by:</b>	
Email	Y/N
WhatsApp	
/ Text	Y/N
<b>Signed:</b>	
<b>Date:</b>	

### BOOKING POLICY:

**Payment is made in advance at the time of booking** (details will be sent when we confirm there is a space for you).

You can cancel up to 48hr before the event and 50% is refunded. Non-refundable if less than 48hrs notice.

*LEGAL STATEMENT – A Sound Healer / Reflexologist / Aromatherapist / Reiki Practitioner / New Vision Therapy practitioner is not a doctor and therefore will not diagnose or treat any specific illness. These services are not substitutes for medical advice, diagnosis or treatment from a doctor or health care professional. They are designed to enhance wellness and should be used in conjunction with your traditional medical care. As these are complementary therapies, we make no claims that they are a cure. Any prescribed medication should continue to be taken unless advised otherwise by a medical practitioner. V. June 2026*