

# HEALING SOUND BATH

with DeAnna McDearmont at One Soul Yoga



## ABOUT SOUND BATHS

A Healing Sound Bath is an immersive meditative experience where the participant relaxes as they enjoy a journey of sounds played by a sound healing practitioner. At One Soul, DeAnna utilizes the powerful, yet soothing sounds of chakra-tuned crystal singing bowls, Tibetan singing bowls, a gong, an ocean drum, crystal pyramid and a variety of chimes. Each instrument has its own healing frequency or vibration that washes over or "bathes" the body to help the participant relax, renew and balance energy. DeAnna offers one-hour sound baths on the schedule at One Soul as well as schedules private individual or group sessions.

## SOUND BATH BENEFITS

- Reduces stress/anxiety
- Lowers blood pressure
- Provides deep relaxation
- Helps with sleep
- Balances energy
- Increases clarity
- Promotes well-being
- Aids meditation

## WHAT TO EXPECT

Every person has a unique experience with sound baths. Turn off your phone, take off your shoes, close your eyes and ease into the moment. Participants will lay comfortably on the floor and relax while enjoying the experience. Dress comfortably. You may bring a mat, blanket, water or anything else to help you relax. One Soul has eye pillows, bolsters, mats and blankets you may borrow. Expect a brief guided meditation, the healing sounds of the instruments, stillness and silence.

## OFFERED AT

ONE SOUL YOGA & WELLNESS CENTER

ALSO AVAILABLE FOR PRIVATE SESSIONS OR PRIVATE GROUP SESSIONS

DeAnna is a registered E-RYT 200, RYT 500, YACEP yoga instructor, retreat leader and co-owner at One Soul Yoga. In addition, she is a certified Sound Healing practitioner and is certified in Kundalini, Yin, Restorative and Trauma Informed yoga.

## WEBSITE

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