



*HEALING  
BEGINS  
WITHIN YOU*





# A SPACE TO *GROW*

WEEKLY

## YOGA CLASSES

Flowing yoga sequences that connect breath and movement.

### BENEFITS:

*Promotes flexibility, strength, and mental clarity. Suitable for all experience levels – from beginners to advanced practitioners*

WEEKLY

## SOUND BATH

A relaxation experience filled with harmonious sounds and vibrations that envelop the space.

### BENEFITS:

*Reduces stress, enhances meditation, and allows for a deeper connection with yourself.*

EVENTS

## CACAO CEREMONY

A guided ceremony using sacred cacao to foster a deeper connection to your inner self.

### BENEFITS:

*Supports emotional healing, strengthens the heart chakra, and offers a spiritual journey.*



# SOUND HEALING

## WHAT IS A SOUND BATH?

The session typically lasts about an hour and begins with a 10-minute meditation, accompanied by an optional essential oil massage for the forehead, neck, and shoulders. This helps to create a welcoming atmosphere and prepares you for the 50-minute sound journey that follows. During this time, I'll be playing a variety of instruments, primarily focusing on the crystal singing bowls. Each session is unique and tailored to your specific needs, often incorporating my voice alongside healing frequencies.

### WHAT I PROVIDE:

- A RANGE OF INSTRUMENTS
- ESSENTIAL OILS
- CRYSTALS
- PALO SANTO/INCENSE

## HOW DO YOU PREPARE?

HERE'S HOW TO MAKE THE MOST OUT OF  
YOUR SESSION:

1. **Hydrate:** Drink plenty of water before and after the session to support the body's natural detoxification process.
2. **Dress Comfortably:** Wear loose, comfortable clothing that allows you to relax fully.
3. **Eat Lightly:** Avoid heavy meals before the session for a more comfortable experience.
4. **Arrive a Few Minutes Early:** This gives you time to settle in, find your space, and start relaxing.
5. **Set an Intention:** Take a moment to reflect on what you hope to gain from the session—whether it's stress relief, emotional release, or clarity.
6. **Let Go of Expectations:** Every experience is unique. Come with an open mind and allow the sounds to guide you naturally.

### Additional Items to Bring:

- Yoga Mat or Blanket: For lying comfortably on the floor.
- Small Pillow: For neck or back support.
- Eye Mask (optional): Helps enhance relaxation by blocking out light.
- Water Bottle: To stay hydrated.
- Journal (optional): You may wish to note any thoughts or insights that come up after the session.



# CONTRADICTIONS SOUND HEALING

## WHO SHOULD EXERCISE CAUTION WITH SOUND BATHS:

1. People with Epilepsy or Seizure Disorders: Some sounds, frequencies, or rhythmic patterns might trigger seizures in those sensitive to sensory stimuli. It's best to consult a healthcare provider beforehand.
2. Those with Pacemakers or Heart Conditions: Vibrational frequencies may interfere with pacemakers, and certain sound frequencies might affect individuals with heart issues. It's essential to consult a doctor if there are concerns about sound or vibration.
3. Pregnant Individuals: Especially in the first trimester, strong sound vibrations might feel intense for some pregnant people. It's often advised to avoid intense vibrations near the abdomen and consult a healthcare provider before participating.
4. Mental Health Conditions (Certain Anxiety Disorders, PTSD): For some, deep relaxation or altered states of consciousness can feel overwhelming or trigger anxiety. Some may find it challenging, while others might find it beneficial. Discussing it with a therapist or counselor may help in making an informed decision.
5. People Sensitive to Certain Sounds: Conditions like tinnitus, misophonia, or hyperacusis can make some frequencies uncomfortable or even painful. A sound bath facilitator can adjust certain elements, but caution is advised.

## ADDITIONAL CONSIDERATIONS

**Hearing-Impaired Individuals:** Those with hearing impairments may experience the session differently, though vibrations from instruments can still provide a powerful experience.

**Children and Teens:** While generally safe, children and teens may need shorter or modified sessions tailored to their attention spans and comfort levels.

## WHO SHOULD AVOID SOUND BATHS ENTIRELY

**People Currently Undergoing Acute Mental Health Crisis:** Those in a state of extreme mental distress or psychosis might find the experience unsettling or too intense.

**Recent Surgery or Injury:** For individuals in pain or recovering from certain surgeries, lying still or experiencing strong vibrations might be uncomfortable. Consult with a healthcare provider first.

## GENERAL ADVICE

IF YOU OR SOMEONE YOU'RE WORKING WITH HAS CONCERNS ABOUT ATTENDING A SOUND BATH, DISCUSSING THESE WITH A HEALTHCARE PROVIDER IS RECOMMENDED. ALSO, LETTING THE FACILITATOR KNOW ABOUT ANY HEALTH CONCERNS ALLOWS THEM TO ADJUST THE SESSION FOR A SAFER EXPERIENCE.





# LET'S *CONNECT*



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