



EXPERIENCE THE HEALING POWER OF

*Sound*



SOURCE  
SOUND HEALING

# What IS SOUND HEALING?

Sound healing works on the cellular level. Research has shown that when the electrical signals or vibrational frequencies of the cells are in a state of "dis"harmony, there is a higher prevalence of "dis"ease in the body. Factors such as stress and traumatic experiences can cause this disharmony to take place. In a healthy and balanced body, the electrical impulses emit frequencies that are in a state of coherence. This allows the body to work using its optimal potential; balancing heightened awareness when needed, with the ability to relax and recharge with ease. Sound healing works to correct any imbalances the individual might be experiencing.

## How IT WORKS.

Sound healing works by means of what is called "entrainment"; which is when a dominating frequency trains or influences another to be in sync with itself. In terms of sound healing, the sound healing practitioners play various instruments to create a state of entrainment for the individual's own vibratory system. This helps the individual's electromagnetic field become balanced as the signals between cells become coherent and stable.

### **BENEFITS OF SOUND HEALING INCLUDE BUT ARE NOT LIMITED TO:**

- Better quality of sleep
- Deep relaxation
- Reduction of physical pain
- Mental and emotional clarity
- Enhanced mood
- Sense of well-being
- Decreased depression and anxiety





# WHAT TO *Expect.*

In a group sound healing session, also referred to as a Sound Bath, participants lie or sit, comfortably, for one hour while the practitioners play a carefully crafted group of ancient and modern sound healing instruments. These instruments are specifically tuned to a therapeutic Hz or frequency that has been shown to have positive effects on the body.

## THE INSTRUMENTS TYPICALLY USED IN A SOUND BATH ARE:

- Gong
- Crystal singing bowls
- Tibetan singing bowls
- Crystal pyramid
- Various drums
- Chimes

## *Why* SOUND HEALING?

In a world where there is hardly enough time in the day, self-care often falls last on our list. Sound healing is a great way to put ourselves back into a state of balance where the to-do's and stressors of the day do not feel so burdensome. Taking a small amount of time to re-charge yourself can help you re-new your energy and become more productive with the time that you do have.

There is no skill needed or energy output required for the individuals receiving the therapy. The only requirement is to be present, and we will take care of the rest.



Meet Brynn and Dan. On a mission to bring health and wellness to as many people as they can reach, Brynn started her path in the world of sound healing many years ago. First as a recipient and student, then as a certified practitioner, the profound healing and wellness effects that sound therapy can have on the physical, mental and emotional health of the individual was undeniable to her. Dan, through his background as a musician, discovered the powerful healing effects of sound first hand. Together, they have built a vision to bring this sacred art of healing to the community so many others can benefit from, and experience, the well-being that sound therapy has to offer.



BOOK YOUR **GROUP**  
**SOUND HEALING**  
**SESSION**  
TODAY.