

INNER - VITALITY

7-8  
PM

# SOUND BATH

WEDNESDAY  
31<sup>st</sup> JULY

Find your peace

Join me for an evening of relaxation.  
Immerse yourself in sound therapy.

## What is Sound Healing?

Sound Healing is an ancient practice that uses tuned instruments, including the human voice to improve physical and emotional health and wellbeing. The vibrations from the instruments work by activating our 'rest & digest' branch of our nervous system.

## Some Benefits

- Reduces Stress
- Improves Sleep
- Lowers blood pressure & Cholesterol levels
- Pain management
- Improve mood
- Help reduce anxiety & depression
- Improve circulation

If your interested, email me -  
SOPHIE@INNER-VITALITY.COM