



The Sound Healing Spa Workshops

What is sound therapy?

It's a form of vibrational medicine that helps to balance all aspects of our being - physical, emotional, mental and spiritual. When you're out of balance, that's when aches, pains, illness and disease occurs. So by fine tuning our system with sound we can restore balance and activate our body's natural healing mechanisms.

Benefits:

Clinical trials show that sound can help with:

Insomnia, Chronic Pain, Hearing Difficulties, Depression and anxieties, Stress, High Blood Pressure, Recovery from operation and many more.

- Reference Colour of Sound Institute

Group Workshops:

For our regular Sound Baths and Sound Healing Sessions at various venues across the country.

For more info - sign up for our newsletter and updates to our website

Register with us today at Belfast Mela to receive a free mp3 of recorded healing sounds.



The Sound Healing Spa Workshops

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