

PREPARING FOR YOUR SOUND BATH



We're so excited for you to experience this deeply relaxing and restorative night! Here are some helpful tips to prep you for your sound bath session:

Address and Parking:

5380 Bell Street, Somis CA 93066

Street parking is available on Bell Street, as well as the surrounding avenues, and to the West behind the yoga studio.

Check-in:

As you enter the building you'll check in with Kellie. Please make sure to mark your full name clearly, whether you are a member, single pass or double pass, and sign a waiver.

Important items to bring with you:

-Yoga mat

-Blankets (2/3 per person is ideal)

-Wear warm comfortable clothing. You will be lying on the ground on top of a yoga mat, which tends to cool the body down. Wearing your favorite hoodie, sweats, and cozy comfy socks is highly recommended.

-Optional items include a pillow, yoga blocks, yoga bolster, eye pillow, and whatever else helps you to fully relax.

*NOTE—we have props available for use during this session that are first come first served.

What sounds will I hear, and what will I experience during the bath?

The overall experience varies from person to person, but most people feel lots of sound vibration over the body accompanied by a deep state of relaxation. Various live instruments including gongs, crystal singing bowls, bronze bowls, percussion instruments, and chimes all produce different tonalities and vibrational patterns. Some sounds will feel like they are scrubbing the body and others will feel like a smoothing or polishing sensation.