



## Online Sound Baths with VWellness

### Things to consider for the best virtual experience ✨:

- **Setting:** Find a quiet, comfy place to lie down (bed, sofa, or on a soft mat on the floor) with no distractions, allowing you to relax deeply for maximum benefit and pleasure. You may like to have warm clothes on, and a little cover too, as your body may get cold laying still for an hour. Some people like to lie on their back, with palms facing upwards, but you can lie in any position that feels most comfortable for you.
- **Ceremony:** You might like to light a candle, use some incense to cleanse your space in advance, or essential oils (like lavender on the wrist) to create a peaceful atmosphere.
- **Intention:** You may like to think of an intention for our session, please bring this to the forefront of your mind beforehand.
- **Expectations:** Everyone experiences sound therapy differently. Come with an open mind and heart and allow yourself to journey with frequencies that can take your mind to a state of pure serenity, whilst allowing for the energetic unblocking in your system.
- **Headphones:** You'll need headphones to plug into the device you're using, as frequencies are received better this way.
- **Tech:** Please check your internet connection, headphones are working and everything is plugged in as it needs, so you have no interruptions during the session. And remember to turn your phone off so you're not disturbed. [Please turn your mic and camera off during the session to support better connection.](#)
- **Hydration:** Please be sure to drink water in the day, or have a nice warming, calming tea beforehand, as sound waves travel better through a well hydrated body.
- **Food:** Try to avoid eating a heavy meal beforehand, as you'll be lying down for our session.
- **Safety and Liability Note:** Please try to avoid alcohol or drugs beforehand, so you can allow for a natural elevated state with support from the singing bowls. By signing up to this online session with VWellness you accept that you understand the information above, and outlined in the waiver on the website [www.vwellness.co.uk](http://www.vwellness.co.uk), and agree to comply. You can see a non-exhaustive list of contraindications for Sound Therapy on the [website](#) - I am unable to work with anyone who has epilepsy.
- **Zoom link:** To be provided in advance of the session

Dated: February 2022