



## ISLIP SOUND BATH

*a concert for your soul...*

**Starting Thurs 19<sup>th</sup> Sept 7pm**

Sound baths are deeply relaxing, immersive experiences where participants listen to calm music and healing vibrations. The sessions are often used to reduce stress, relax deeply and induce sleep, while on the other spectrum they uplift, inspire, and boost creativity. A treat for your soul!

Sit or lie down and relax and receive the healing sounds. If lying down, bring your own yoga mat/pillow/blanket.

Further Info: <https://pureharmonyway.com/contact>

**COST £20**

**Venue:** Islip Village Hall, Church Lane, Islip, OX5 2TA (Doors open 6.45pm)

**Call:** 07860 217771 or email [athakurdas@gmail.com](mailto:athakurdas@gmail.com)

Dr. Amy Thakurdas qualified as a Naturopathic doctor in 1999 in Los Angeles, specializing in sound, colour and holistic therapies for stress and trauma management. Dr. Amy has offered sound baths for over 25 years, using a combination of crystal and Tibetan singing bowls, gongs, chimes and Alphorn.