

# *YOUR GO TO* REMINDERS



## CLOTHES

WEAR SOMETHING COMFORTABLE! LOOSE FITTING ITEMS, A SWEATER YOU CAN EASILY TAKE OFF, ETC.



## HYDRATION

BRING A WATER BOTTLE, DRINK TEA. AVOID ALCOHOL OR COFFEE PRIOR, STAY HYDRATED BEFORE AND AFTER THE SOUND HEALING



## YOGA MAT

BRING YOUR FAVOURITE YOGA MAT OR MEDITATION MAT/CHAIR TO ENSURE MAXIMUM COMFORT. YOU CAN CHOOSE TO SIT OR LAY DOWN.



## PILLOWS AND BLANKET

I WILL HAVE PILLOWS AND BLANKETS BUT IF YOU PREFER TO BRING YOUR OWN, FEEL FREE TO DO SO!



## ARRIVE EARLY

ARRIVE 10-15 MINUTES EARLY TO SET UP AND ALLOW US TO START AND END ON TIME. ONCE THE SESSION BEGINS, YOU WILL BE UNABLE TO JOIN THE GROUP!



## OPENESS

ARRIVE WITH AN OPEN MIND AND HEART. SOUND HEALING HAS THE ABILITY TO SUPPORT YOU IN MAGICAL WAYS IF YOU LET IT! EMBRACE THE EXPERIENCE

