



FREE

Sound Bath Sessions

Date: Fridays starting 6 February 2026

Time: 1pm-2pm

Location: 107 Railton Road, London, SE24 0LR

A sound bath, also known as a Tibetan sound trip, is a therapy to connect the body and mind. The gentle vibration moves through the body, easing tightness, promoting relaxation and a sense of wellbeing. The sound waves induce a deeper state of calm creating a soothing auditory experience. This can be helpful in reducing stress and anxiety, calming the nervous system, boosting mood, and relieving tension and chronic pain.

Sound healing is not advised for individuals with epilepsy or pacemakers or other metal implants, severe mental health issues, severe heart conditions, acute infections or first trimester pregnancy.

For more information please email
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