



**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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