

Floating Sound Meditation



You will be gently guided through a meditation that flows seamlessly into the soothing sounds of Tibetan bowls, crystal bowls, and other healing instruments.

There is nothing you need to do....

Simply float in a hammock beneath the canopy of woodland trees and allow yourself to receive.

Let the sound waves dissolve the week's tension, calming your body and guiding your nervous system back to stillness.

You'll leave feeling lighter, grounded, and ready to step into a new week with clarity and ease.

How Can a Sound Bath help you?

- Physical tension or pain?
- Stressed, overwhelmed, low or burned out?
- Grief?
- Anxiety you can't quite name?

You don't need the words.

Sound work bypasses language and allows access to the subconscious, where real shifts often happen without explanation.



Email: myashramyoga@gmail.com

Book: www.myashramyoga.com

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Floating Sound Meditation Dates!

Friday 24th April 6-7pm

Sunday 26th April 5-6pm

Friday 15th May 6-7pm

Sunday 17th July 5-6pm

Friday 5th June 6-7pm

Sunday 7th June 5-6pm

Friday 24th July 6-7pm

Sunday 26th July 5-6pm

Friday 14th August 6-7pm

Sunday 16th August 5-6pm

Friday 18th September 6-7pm

Sunday 20th September 5-6pm

[Book Your Hammock Here!](#)

