

# Sound Healing

*For Healing & Wellbeing*



**Friday 25<sup>th</sup> May & 29<sup>th</sup> June 2012**

**Harmony - Inner Peace - Relaxation  
Cleansing - Releasing - Healing**

Lie down and enjoy a relaxing 'SoundBath' with the gentle healing vibrations of Himalayan and Crystal Singing Bowls, the intuitive sounding voice and gentle percussions, bathing your whole body in a wonderfully cleansing and healing sonic massage, deeply relaxing, yet energizing!

**6:30pm: Pregnancy SoundBath**

**Newborns & Dads welcome too!**

**8:00pm: SoundBath for All**

If you're pregnant, a SoundBath is the perfect way to relax! Not only will you be bathed in relaxing sound vibrations but so will your baby! Water is a great conductor for sound, think of all the fluid in your body and the amniotic fluid in which your baby is floating! This is an amazing experience in pregnancy, you will most likely feel your baby responding to the sounds. It is very calming for babies and increases the bond with your baby before and after the birth. A very special experience indeed.

Allow yourself to be transported on this musical & magical journey, going to the depth of your inner being & reconnecting with yourself. Be prepared to be touched on a deep level.

Main benefits include physical relaxation, calming mind & emotions, releasing the denser energies that often hold us in a place of fear, ill-health or negativity, recharging and energizing, and if you're pregnant, a greater bonding experience with your baby!  
Sound works on a cellular level, it goes to the core!

Where:

## **Blackheath Quaker Meeting House**

**53 Lawn Terrace, SE3 9LF**

(2mins. from Blackheath Railway Station)

(parking only on yellow lines after 7pm)

**£10 advance payment / £12 on the door**

(online transfer available, please ask for bank details)

Please wear comfortable clothing, bring your own yoga mat to lie down & a blanket for extra comfort (some cushions provided). Bring water to drink as you may be thirsty after the SoundBath.

**Contact Chantal on 020 8265 4308**

**chantalfabrice@hotmail.com**

**[www.castlewoodtherapies.co.uk](http://www.castlewoodtherapies.co.uk)**

**[www.soundbirthing.co.uk](http://www.soundbirthing.co.uk)**

Working with Sound and the Healing Voice, Chantal Fabrice helps people let go of fear, pain, trauma and any other negative emotions that stand in the way of who they are. She guides pregnant mothers/couples to relax and release their fears so they can achieve a calm birth and bond with their baby, thereby helping new souls to be born in a gentle way so they can grow to their full potential.

Chantal offers deep emotional release with the Voice, healing of birth trauma including your own as well as clearing ancestral patterns, Sounding for Birth workshops to literally sing your baby out into the world, Sound Baby Blessings, HypnoBirthing.

**[www.soundbirthing.co.uk](http://www.soundbirthing.co.uk) - for Birth & Re-Birth**