

Chris Roland

# SOUND BATH

## EVERYTHING & EVERYONE VIBRATES



### WELCOME

When we experience challenges physically, emotionally, or spiritually, we are out of balance with natural resonance, the frequency at which everything vibrates harmoniously. Using specific instruments and techniques, a Sound Bath rebalances and quickly immerses us into a theta state where healing, rejuvenation, and transformation is possible. Sound Baths are gently powerful and completely safe.



## VENUE

Yoga/Body Fit Sanctuary @ Suikerbossie, 1 Victoria Dr., Hout Bay - [www.suikerbossie.biz](http://www.suikerbossie.biz) (click website for map).

When you arrive at Suikerbossie, drive through the gate, pass the restaurant and park in the upper area. Look towards the covered parking for the sign Yoga Body Fit Sanctuary. Enter the gate there and follow the signs and path to the studio.

In the unlikely event an alternative venue has been selected, you will be notified of the address and directions.

## BENEFITS

Sound Baths can have the following positive effects:

- Calms body and mind
- Reduces stress, anxiety, tension, and fatigue
- Boosts mood and reduces feelings of anger
- Helps with depression
- Can help heal the body
- Improves sleep
- Elevates feelings of well-being
- Promotes the release of neurochemicals
- Reduces or neutralizes the effects of EMFs
- Re-balances natural resonance, the state at which we operate at our best

Feel free to set an intention for the bath, then let it go and give it no more thought. Your whole being and the bath will be working harmoniously on the intention you set. Detach yourself from an outcome because it doesn't yet exist and your thinking mind will distract you from the benefits of the bath.

**YOU ARE BEING HELD.** This is your moment, choose to let go to it and enjoy the unknown...

## BEFORE AND UPON ARRIVING

Please do not be late. Sound Baths are all about getting lost in the sound and vibrations. Noises from late arrivals can be distracting and pull the group out of theta.

The space has been energetically cleansed and calmed. When you arrive please be mindful of unnecessary sound. Unless informed otherwise, please find a place to roll out your mat or find a mat already rolled out and prepare yourself in silence.

Please be mindful of the distance between you and those around you. The space was selected to accommodate the number of people attending comfortably.

Please don't eat for at least two hours prior to the bath, and preferably no alcohol or other substances for 24 hours before.

Parking. When you arrive at Suikerbossie, drive through the gate, pass the restaurant and park in the upper parking lot. Once parked, look for the Yoga Body Fit Sanctuary sign on the gate next to the covered parking. Follow the path and signs to the studio.

## WHAT TO BRING

- Yoga Mat or similar that is comfortable for you (if you don't have a mat, please let Chris or the organizer know as soon as possible). You will be laying down on the floor, so a mat is necessary.
- Pillow (for your head, and you may want a pillow or cushion under your knees - optional)
- Blanket (thickness and warmth is up to you)
- Water Bottle (with water)
- Eye Covering (a sock or washcloth works well)
- Warm Clothing (if you tend to get colder than usual)

## CONTRA-INDICATORS

If you fall under or experience any of the following, please let Chris or the organizer know in advance.

- Currently pregnant
- Sensory sensitivity
- Mild autism
- Severe depression or psychosis
- Other mental health challenges
- Sound induced epilepsy

## WHAT TO EXPECT

Don't expect anything, you will have your experience and then you will know.

There will be moments of silence during the bath, this does not mean the bath has ended. It will be clear to you when the bath has ended, so you don't need to place any focus on that, just lose yourself in the bath – this is your time and you are being held.

If you need to use the toilet, please do so quietly. It is located at the bottom corner of the main house at the same level as the studio.

If you experience a release that is emotional, don't panic or resist it. Allow the emotion to flow. If you need to leave the room, you can do so. Chris will be aware of your release and may approach you. Just remember, you are in a safe and loving space.

Chris maintains complete confidentiality when it comes to your participation in the sound bath. What happens in the bath stays in the bath.

## AFTER CARE

- If you follow these guidelines, the sound healing process will have a deeper and longer lasting effect.
- If you feel ungrounded at the end of a Sound Bath session try to eat or drink something. Please do not drive or operate potentially dangerous equipment after the treatment if you are feeling ungrounded.
- Following the Sound Bath it's best to take it easy, rest, relax, go for a walk and avoid stressful situations.
- When you get home, have a bath or a shower as the water will allow the sounds to sink in deeper and last longer.
- Please avoid red meat, alcohol or any chemical toxins for the next 24 hours
- Please drink plenty of water to not only keep you hydrated but also to allow any toxins released by the Sound Bath to be flushed from the body.
- There are no officially recognised side effects of Sound Baths.

Sometimes complementary therapy can cause a healing reaction. During or after the Sound Bath, you may experience a worsening of symptoms before they get better. In the unlikely event that a healing reaction does happen, you can contact Chris to discuss this matter. If you feel the situation needs closer attention you should contact your doctor / physician. If you feel you need immediate medical care, you should not hesitate to contact a medical professional.

If you have any questions, please do not hesitate to contact Chris at [chris@chrisroland.com](mailto:chris@chrisroland.com) or WhatsApp 082 747 1828. Visit Chris' website at [www.chrisroland.com](http://www.chrisroland.com).

## COST & BOOKING

Price - R350

Duration - +/-90 mins

Online booking is essential. If you have not yet booked, please go to the link below and with a few quick steps, you will be booked and confirmed. The Sound Baths always fill, and earlier bookings are recommended. If you are unable to book it likely means the Sound Bath is full, and we suggest you try an alternative date.

To secure your spot for a soothing and transformative Sound Bath, kindly book online and make your payment as early as possible at this link: [www.chrisroland.com/enerchi-store](http://www.chrisroland.com/enerchi-store). Chris understands that life can be unpredictable, so if you need to reschedule or cancel, here's Chris' relaxed policy:

If you let Chris know at least 6 days in advance, we'll gladly issue a full refund. If you find yourself needing to reschedule within a shorter notice period (3-5 days before session), don't worry! We'll offer you a credit that you can use for another Sound Bath within the next 30 days. If less than 3 days, it becomes like a peaceful breeze – gone with the wind.

Thank you for understanding, and we look forward to harmonizing with you soon!

## ABOUT CHRIS

Chris holds a diploma in Integrated Sound Healing from The Sound Healing Academy in the UK, and has studied Sound Healing under Master Shree at Kathmandu Center of Healing in Nepal, and vocal toning and overtone singing with Nestor Kornblum from Harmonic Sounds in Spain. He continues studies, including music therapy, music theory, and sound healing from a variety of sources. Chris is also a Transformational Teacher with a unique ability to draw out and nurture the needs of his clients. Chris is a member of the International Institute of Complementary Therapists - [www.myiict.com](http://www.myiict.com).

