

Falling asleep during my live sound bath is quite normal. (Bring your favourite pillow to be very comfy.)

If you would like to be at my next sound bath in **Downderry in The Zone**, please email or message: teresa@teresawicksteed.co.uk, and please ask me any questions

Sunday 12th July, The Zone, Downderry, 2.30 till 4.00 pm, £20

Did you know that my Sound Bath calms your nervous system, lowers cortisol and triggers a relaxed "rest-and-digest" state? Because the immersive sound vibrations rapidly calm your nervous system, you experience a highly restorative rest.

Specially chosen healing instruments and vocal sounds that I use may induce Alpha, Theta or Delta waves in your brain, and these respectively

- Reduce stress, alleviate anxiety, and serve as an optimal state for light learning and creative problem-solving



- Fuel intuition, creativity, emotional processing, and deep meditative states
- Are essential for physical healing, tissue regeneration, immune system support, and memory consolidation.

Many Blessings for Summer,

Teresa Wicksteed, MA, BA Hons, PGCE, Member UK College of Sound Healing, Reiki Master