

SOUND BATH AND RESTORATIVE YOGA EXPERIENCE

Lea Bender and Katie Down create a healing, comfortable and welcoming environment for deep listening, stress-reduction, connection, and a sense of well-being that resonates in the body and mind for many hours or even days following the event.

The Sound Bath and Restorative Yoga Experience is accessible to everyone. We can accommodate and adapt the experience for a variety of spaces and physical needs.



WHAT IS A SOUND BATH?

Sound Baths incorporate both composed and improvised sounds using a variety of resonant drone instruments such as singing bowls, tuning forks and monochords to help facilitate deep, mindful listening and internal awareness using the senses for the purpose of self-inquiry, self-actualization and release of physical and psychological pain.

Our brain waves have frequencies, and during the sound bath our body and mind begin to synchronize with the frequencies of the instruments. During this synchronization, the body's central nervous system re-calibrates and the energy begins to shift at which point one may experience deep relaxation or an Alpha-Theta brainwave state.

"I enjoyed the loving and harmonic energies and within the first five minutes I was already having dream-like images which sent me into a deep place which I needed. Whether you realize it or not, you can sense the sound going directly to your body and soul." -Sound Bath participant



THE SOUND BATH/RESTORATIVE EXPERIENCE

Yoga Instructor Lea Bender gently guides participants through meditation, breath practices and restorative yoga postures designed to relieve stress and deepen inner awareness. Licensed Music Therapist Katie Down creates a live soundscape using a variety of crystal bowls and other instruments that resonate sonic frequencies that will help to calm and balance your nervous system and deepen the meditation and yoga experience that you are guided through. All postures and practices are optional.

POSITIVE OUTCOMES DESCRIBED BY PARTICIPANTS

- Deep restorative sleep
- Feelings of internal peace and well being
- Increased ease in meditation practice
- Ability to breathe deeper and manage stress easier
- Reduction in anxious and depressive thoughts

YOUR SOUND BATH/RESTORATIVE YOGA GUIDES

Katie Down

“In the sea of healing practitioners we have to choose from today, Katie holds a unique and vital place as she possesses a rare combination of scientific, evidence-based knowledge, solid foundations in both music and psychotherapy, and an undeniable personal talent for integrating a sense of creativity and warmth into everything she does.” - Karen Codd Fairchild, MPS, ATR-BC, LCAT, Licensed & Board Certified Creative Arts Psychotherapist

Learn more about Katie:

<https://www.katiedown.com>

<https://www.soundwellcenter.com/bio-resume>

Lea Bender

“I am so grateful to have found Lea many years ago. Even though I had taken many yoga classes prior to my first class with Lea, I remember this one being different and connecting with the practice more. Her instruction, patience, knowledge and presence have kept me coming back to the practice over and over.” -Caroline N., Educator

Learn more about Lea:

<https://leabenderyoga.com>

RATES/BOOKING

Contact Lea at lea@leabenderyoga.com for inquiries, scheduling and pricing.

