

Soul Nurture

Soulful yoga. nurturing Sound Therapy

ADVANCE INFORMATION SHEET

Everything you need to know

Where to find us

Waverley Community Centre, Unit E2 Olive Lane, Rotherham S60 8GA

Parking

A small **free of charge car park** is available with a max stay of 2.5 hours.

Arrival

Please **arrive 10 minutes before** our start time so that you can get settled in and we can begin promptly.

Brought to you by



Everything you need to know

Soulful yoga

What to expect - 45 minutes of slow soulful yoga suitable for all levels. An invigorating and restorative flow leaving you ready to float into your sound therapy session.

What to bring - mats and blocks are provided but you can bring your own if you prefer to use them or would like more padding. Wear something comfortable that you can move freely in.

Dos and don'ts - we advise to avoid caffeine and full meals up to 2 hours before you practice, a light snack is ok.

Nurturing sound bath

What to expect - A 45 minute immersive sound bath, with the healing sounds from crystal bowls and natural instruments, all you have to do is lie back and let go.

What to bring - as you'll be laying down you may get chilly so bring a nice warm blanket, a pillow for your head and maybe an eye mask so you can fully relax.

Refreshments & sweet treat

Nourishing herbal teas and homemade goodies will be served during the experience.



Everything you need to know

Your health & safety

Yoga is suitable for everyone but if you have any serious health conditions or injuries you should seek advice from your doctor.

Options will be offered to support your needs but you should always listen to your own body and move in a way that feels right for you.

Soundhealing is gentle but powerful. For safety reasons, it is not suitable for:

- Those with sound / light-induced epilepsy
- First trimester of pregnancy
- Anyone currently experiencing psychosis or a severe mental health crisis
- Those under the influence of recreational drugs or alcohol
- Under 18s

If you're unsure whether a sound bath is right for you, please contact us.

You must complete our health and waiver form before taking part in these activities. This can be done on the day but if an issue is identified which may prevent you from participating we are unable to offer a refund on the day.

If you have any queries please get in touch by email at scenicoulyoga@gmail.com

