



Sound Bath Etiquette

- **Arrive a few minutes early** - give yourself time to settle in before we begin.
 - **Phones and devices** - please switch off, or set to silent with vibrate deactivated too.
 - **Dress comfortably** - cosy clothing and socks are recommended as your body temperature can drop during deep relaxation.
 - **Bring your own comforts** - mat, blanket, pillow, eye mask, bolster... anything you need to be comfortable.
 - **Respect for the group** - keep voices soft in the shared space and honour the peaceful nature of the session.
 - **Respect your own needs** - listen to your body. If you need to adjust, sit up, or step out the room at any point, please do so quietly.
 - **About snoring** - it's natural as the body relaxes. If it becomes disruptive, I'll gently tap your shoulder to guide you to shift position. (Lying on your side can help!)
 - **Hydration** - bring your own water for after the session to help your body stay nourished and balanced.
 - **Tidying Up** - any help with mats and studio equipment afterwards is always appreciated.
- 