



Thank you for agreeing to take part in my Sound Bath as part of my assessment towards the Level I Sound Healing Qualification with the **Sound Healing Academy**

- **Prior to the session**

- I will explain the process I will be following for this assessment
- Please refer to contraindications below and let me know if any of these apply to you or if you have ANY concerns
- Please bring your favourite items for comfort, blanket, cushion/pillow - mats, eye pillows and blankets will be available (plus bolsters so you can be super comfy). Chairs also available

- **During the session**

- Most people do prefer to lay down during the sound bath but the important thing is that you are comfortable and able to fully relax - so if you prefer to be seated that is just fine
- At any time you feel uncomfortable please do move quietly and should you wish to leave the room please do so via the Kitchen door - please help yourself to a drink and I'll join you as soon as the session is over

- **After the session**

- In order to fulfil the requirements of the assessor I will ask you to complete a short evaluation. It's really important to be honest and constructive about the session in order to help me develop

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## **Contraindications**

Please let us know if any of the conditions listed below apply to you. It is rare to experience a reaction to sound therapy but it is always best to check if you are unsure.

In most instances it is simply a matter of adjusting sound levels or moving you further away from the instruments for your comfort.

The following are a list of possible contraindications:

- Tinnitus or other sound sensitive condition
- First trimester of pregnancy (wait until the second trimester). Third trimester – please consult your doctor to check that sound therapy is suitable at this time
- Epilepsy/seizures which may have been triggered by sound.
- Metal plates in your body (primarily when instruments are placed on the body)
- You require lifesaving medication due to allergies (EpiPen)
- Recently had surgery or any medical procedure eg large bone fractures – wait 6 weeks
- Severe depression, anxiety or post traumatic stress
- Hearing Aids – please remove before the sound bath as some frequencies may cause hearing aids to buzz or whistle