

TRANQUILITY SOUNDS WITH JACKIE

www.jackie-letsFlow.co.uk
07933 513559 jackie@lets-flow.co.uk



Please read and contact me if you have any questions

● Prior to the session

- Please refer to contraindications below and let me know if any of these apply to you or if you have ANY concerns
- Bring your favourite items for comfort and warmth, blankets, cushions/pillows (bolsters, mats, eye pillows and blankets will be available)

● During the session

- You will be invited 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 space please do so - help yourself to a quiet space and a drink and I'll join you as soon as the session is over

● After the session

- We'll spend a little time Grounding ourselves before moving back into our regular life outside of the space. The affects of a sound bath experience can last up to 72 hours.

Contraindications

Please let me 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 and avoiding on body work or moving you further away from the instruments (group session) 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

May 2023