



### What is a Sound Bath, or Sound Healing Session?

Sound Healing is an ancient and powerful form of energy medicine. It works through the Laws of Physics to correct and restore vibrations in the mind and body that are not at their natural states of resonance. Weakened and blocked vibrations in the body are the root cause of disorders; this practice has restorative benefits that have been used around the world for thousands of years.

Lying comfortably on yoga mats, guests will be guided by the vibrations of Gongs, crystal bowls, and other healing instruments into a state of meditation, relaxation, and possibly heightened sensations. The frequencies coming from the instruments are correcting and rebalancing areas where there are weakened vibrations and / or energetic blockages.

No meditation experience is necessary; just lie down, relax and experience it.

Cary Ballou  
Shanti Sound  
8010 E. McDowell Rd., Suite 213  
Scottsdale, AZ 85257  
480-249-7987

[Shantisound.us](http://Shantisound.us)

IG: [@shantisound](https://www.instagram.com/shantisound)

FB: [Shanti Sound / Cary Ballou](#)