

Vibrational Sound Therapy

What might I experience during a session?



Almost immediately upon hearing a bowl, your body and mind will begin to relax.

By placing the “therapeutic singing bowls” directly on your body, you will feel effects physically within the tissues of your body.

During a VST session our minds are acutely tuned to tones, or combinations of tones, which effect our conscious brain causing our mind to calm more quickly and efficiently than during meditation alone.

You will stay fully clothed during the session and there is minimal, to no touch involved in a VST session. This can be reassuring to those who are not comfortable with touch, yet are longing for bodywork.

Like other forms of meditation, vibrational sound therapy can help us be more internally aware, while being more present in the moment, and more connected with our surroundings.