



EXPERIENCE A  
SOUND HEALING JOURNEY  
with Sarah Sims

A Sound Healing Journey is a 2 hour soul soothing, deeply calming and transformative healing therapy which uses a variety of instruments including crystal, alchemy and Tibetan singing bowls, ancient gongs, shamanic drum and many more celestial sounds allowing you to be deeply immersed in the powerful vibratory medicine that sound offers.

This healing therapy offers many benefits to improve your health and wellbeing including; reducing stress, improving sleep, reducing pain and inflammation, increasing mobility, improving memory and lowering blood pressure.

We are delighted to welcome Sarah to Wildhive. Sarah is a qualified Sound practitioner, Angelic Reiki Master and modern foreign languages teacher.

**Where:** The Studio at The Coach House

**Time:** 1st, 3rd & 5th Friday ~ 7.30pm–9.30pm

**Introductory 2 hour Class (maximum 8) £65pp**

**2 hour One to One ~ £165 / 2 hour One to Two ~ £265**

(For bookings of 3 or more, each extra person will be charged at £100)

- Mats, pillows and blankets are provided but you are welcome to bring your own - please wear comfortable clothing and bring water.
- You may like to wrap yourself in a blanket or shawl and bring an eyemask.
- It is advised to avoid alcohol before and after the session and avoid a heavy meal.



**PLEASE BOOK WITH RECEPTION**  
WHO WILL BE HAPPY TO ANSWER YOUR QUESTIONS

At Wildhive Callow Hall we offer a warm and friendly welcome, for guests to learn or practice our therapies without judgement, and with an opportunity to centre and reconnect.



WILDHIVE

# SOUND THERAPY NOTES

Sarah prefers to use the term *Sacred Sound Journey* or *Sound Healing Journey* rather than Sound Bathing

## What it involves / What can you expect?

- A Sacred Space is opened by the Practitioner with the OM mantra whilst sounding the Heart crystal singing bowl promoting self love, compassion and openness.
- A hand poured aromatherapy candle (made by the Practitioner) is gifted to each individual for a guided candle meditation and focused intention setting along with a crystal.
- Sounds will be chosen to assist in simple breathwork exercises bringing the mind to body allowing for the release, reset and realignment to take place.
- Guests will be invited to lie down under their blankets whilst being immersed in the powerful tones, vibrations and frequencies of the various instruments creating inner shifts and cellular movement.
- The Journey closes on a tea meditation to anchor the healing and light harnessed in the session.

## Sarah's Bio

Sarah is a qualified Sound practitioner, Angelic Reiki Master and Modern Foreign languages teacher. Sarah has a lovely welcoming and positive energy to encourage you to feel comfortable and at ease.

## Benefits

- Reduces stress
- Decreases anxiety and depression
- Improves sleep
- Reduces pain and inflammation
- Increased mobility
- Improves memory
- Lowers blood pressure

## Cost

Group Class:  
1st, 3rd & 5th Friday  
7.30pm-9.30pm  
(maximum 8) £65pp

Private:  
2 hour One to One ~ £165  
2 hour One to Two ~ £265  
(For bookings of 3 or more, each extra person will be charged at £100)

## What guests should expect / bring

- On arrival you will be greeted by the Sound Specialist who will guide you to your place.
- Please wear comfortable clothes. We can provide a pillow and blanket but you are welcome to bring your own. Please bring a bottle of water. An eye mask is optional.
- Avoid eating a heavy meal at least 1 hour before a Sacred Sound Journey. It is advised not to drink alcohol before or after a Journey.

## Contraindications:

A Sound Journey is not advised if you are pregnant, wear a pace maker, have metal plates, bolts and or joints and are taking medication for psychosis.

