

Welcome to the ultra-relaxing Gong / Sound Bath Experience at Kalalla!

### Big Picture Info:

Make sure you don't have any of the contraindications listed below and are 19 or over. Register for a morning or afternoon slot according to the instructions that follow at the end. Bring your own props (mat, pillows, blankets) to the site for this experience. If you have children, you can still partake- we have a limited number of spots for children 4 and older to enjoy supervised activities while you relax in the Gong / Sound Bath.

### Fine Print Details:

#### A Gong / Sound Bath... sounds intriguing, but what exactly is it?

You experience a Gong / Sound Bath in comfortable clothes, in a lying or seated position. It is called a bath because you're "bathed" in sound... there is no water involved! You will be more comfortable if you leave your jewellery and hair accessories at home. The sound bath experience itself will be in English and bilingual staff will be on site.

You'll have an area in the room about the size of a yoga mat where you can lie or recline in your own little "rest nest". You bring the things for this yourself. These include:

- Something to lie on (camping mattress/ yoga mat/ reclining lawn chair). You decide what you'll need to be comfortable being still for an hour;
- pillow (one for your head and one for your knees if you want);
- blanket (when we relax, we sometimes get chilly);
- a bottle of water if you want.

The actual Sound Bath experience could be broken down into 3 main stages which take about an hour to move through altogether.

#### 1. Being present to the breath

It's time to lie down and pay some attention to the breath. I'll talk you into the sound bath experience and give you some time to be aware of your breath and where it is flowing in your body.

#### 2. Immersing in the sound and silence

Relax and recharge in the therapeutic sound of the gongs and instruments. There is silence in this part too, allowing your body to integrate the effects of the sound. This part of the experience takes about 45 minutes.

#### 3. Return and Ground

After being immersed in the sound, it is important to take some time to ground again before you continue on with the day.

#### Contraindications for Participants:

There aren't many reasons a person won't benefit from a gong / sound bath, but there are some.

If you are in the first trimester of pregnancy or have broken or fractured a bone in the past 6 weeks, a sound bath is not for you at this time.

If you have an ear infection, epilepsy, mental illness, tinnitus, Ménière's Disease or are in advanced stages of cancer, a sound bath might temporarily make your symptoms worse – please be sure to tell us in advance if you fall into any of these categories.

It is also important to let us know if you have a pacemaker or hearing aids.

### What will my kids be doing?

We have spots for 10 children, 4 years old and older, to enjoy supervised activities and games while you are enjoying the Gong / Sound Bath experience. These spots are given on a first come, first served basis. Your child must be toilet trained. We can provide water for your child if they get thirsty, but please make sure they have had a snack beforehand, as there won't be time for food amidst all the fun and games! We are a mask-friendly space. Please dress your child for the weather!

### What is the timeline for the Morning?

10:15 – 10:30 Arrive. Let us know you're here, and sign your consent form. If you don't have children, you can enjoy some "me-time" in our beautiful natural setting. If you are bringing children, this is the time to introduce your child to our games supervisors. Give yourself enough time to help your child meet the supervisors and feel comfortable with them.

10:30 – 10:40 Make your way to the Gong / Sound Bath area.

10:40 – 10:55 Make any last minute trips to the outhouse if you need, then bring your props up to the Gong / Sound Bath area and get set up. Please be respectful of everyone else and be ready on your mat by 10:55.

10:55 – 12:00 Gong / Sound Bath experience

12:00 – 12:15 Have a drink of water, and a chat about your experience (if you like).

12:15 – 12:30 Pack up, gather your children, and we will say goodbye until next time.

### What is the timeline for the Afternoon?

Same things as the morning, but the times are as follows:

3:15 – 3:30 Arrive / Consent form signing / settle your children / "me-time"

3:30 – 3:40 Make your way to the Gong / Sound Bath area

3:40 – 3:55 Set up your props

3:55 – 5:00 Gong / Sound Bath experience

5:00 – 5:15 Water / chat

5:15 – 5:30 Pack up, gather your children, and we will say goodbye until next time.

### Who is offering the Gong / Sound Bath?

Jennifer Bell is the owner of Ottawa Sound Therapy. She trained as a Sound Therapist in the UK, is a member of the College of Sound Healing, and has done further training and certifications in Gong and Sound Bath work with practitioners in the UK and the US. She offers both 1:1 treatments and 1:2 treatments in her home studio, sound baths for private groups (at off-site locations of your choosing) and also public group sound baths (like this one at Kalalla). More information about her and her work can be found at [ottawasoundtherapy.com](http://ottawasoundtherapy.com)