

Sound Bath Wellbeing Sessions

with Kylie Sanders — FHT Approved Kinesiologist



£65 / session

(1 hour)

An immersive sound bath using a seven-piece set of white crystal singing bowls, each tuned to 432Hz. A gentle, fully-clothed relaxation therapy that supports calm, better sleep and emotional wellbeing — suitable for all ages and abilities.

PERFECT FOR

Schools

Care Homes

Hospices

Local Businesses

One-to-one, in clinic

A restorative hour at the Sea Breeze clinic.

£65 / session

Group sessions, on-site

Bowl set brought to your lounge, hall or day room.

Enquire for rates

Online sound baths

Live via Skype, Teams or WhatsApp.

£65 / session

Why sound bathing helps

- ✓ Deep relaxation & calm
- ✓ Supports better sleep
- ✓ Eases stress & anxiety
- ✓ Gentle — suitable for all ages & abilities

Book a session or arrange a free taster

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🌐 www.sea-breeze-kinesiology.co.uk

Group rates available for schools, care homes & hospices — enquire for availability