



The Restorative Sound Session

Sound therapy to quiet the mind, ease physical tension and support deep relaxation.

You don't have to do anything here. Just arrive, lie back, and let the sound do the rest.

What to expect

- Ambient background music sets the space, layered with live sound: Solfeggio-tuned tuning forks, tuned pipes and Himalayan singing bowls, played in a set order with intention.
- Before we begin, you'll be invited to set an intention for the session. If nothing comes to mind, a simple place to start is "to receive for my highest good."
- You'll lie back, fully clothed, and simply receive: no experience or preparation needed.

Before you arrive

- Please arrive 5–7 minutes early so we can settle in and begin together at 7:30pm.
- Bring a yoga mat, something to cover yourself with, and an eye mask if you're sensitive to light.

Dates	Time	Duration	Fee
Fortnightly Tuesdays, from 6 October	7:30pm	60 min	AUD 35

To book

Text "Sound WR" to 0415 208 573

"I see my role simply: to hold the space, and let the sound do the work."

Anna Bakulina

Kyela Sound Therapy (ACST) Master Practitioner · Mind and Soul Co.

No rebates are available for this program. Sound Therapy is not recommended for anyone with a pacemaker, defibrillator or other cardiac implant, or a history of epilepsy or sound-induced seizures. If you have any health considerations you'd like to discuss beforehand, please reach out to Anna directly.