

Allow yourself to let go of everyday noise as you gently fall into a soft landing of sound healing. Let the vibrations heal you.

GOOD VIBES ONLY!

Sound Healing

BENEFITS

Sound healings are a gentle way to move the energy in our bodies through vibration. The vibrations of various sound healing instruments have been shown to synchronize our heart rates, breathing and brain waves, which brings us to a state of homeostasis. Sound healings can take us out of "fight-or-flight" and relax us, which leads to decreased pain, lowered anxiety levels, and increased immune responses. It is a beautiful way to slow down to take a break from the noise of everyday life.

WHAT TO BRING

Wear comfy clothes! You will be laying down for close to an hour. Please bring: something to lay on like a yoga mat, pillows, blankets, and anything else that will allow you to relax and feel comfortable.



Although no instruments will be placed directly on your body, if you are pregnant, have had cardiac stents or have plates/screws implanted, please consult your doctor prior to the healing.

EXPERIENCE

When energy starts to move in your body, you may experience many different things. Although each individuals experience is unique to them, during a session you may feel: warm or tingly, a floating or dreamlike sensation, waves of energy moving in and around your body, nostalgic, lightness, tearful, agitated, squirmy, less pain, increased clarity, intense emotions, pins & needles, a sense of calm and/or deep relaxation.



Tracy Matteson Radack is an energy healer and registered nurse currently practicing (& loving!) holistic nursing. Her goal is to help others heal by connecting their mind, body and soul through both eastern (alternative) and western (traditional) medicine practices.



TO REGISTER: