

AN EVENING OF *Sound* HEALING

WITH DOUGLAS LAMPERT, LPC, AADC

June 28, 2024

6:30-7:45PM

\$20 per person

space limited



DOUGLAS IS A PROFESSIONAL COUNSELOR AND AN ACCOMPLISHED PRACTITIONER IN THE ART OF SOUND HEALING.

Sound Healing also known as Sound Bath are waves of soothing, echoing sound from traditional wind and percussion instruments that may help relieve stress, fatigue, and depression symptoms, according to studies.

HOW DOES A SOUND BATH WORK?

TYPICALLY, LYING IN A RECLINING POSITION AFTER TAKING PART IN A SHORT YOGA STRETCH. YOU CAN ALSO BE SEATED ON A CUSHION OR IN A CHAIR. COMFORT IS KEY.

NEXT, DOUG WILL USE SEVERAL INSTRUMENTS, CRYSTAL BOWLS, BELLS, GONGS AND CHIMES TO CREATE SOOTHING, OVERLAPPING VIBRATIONS.

THESE VIBRATIONS MAY LEAD YOU DEEPER INTO A STATE OF CONTEMPLATION AND/OR RELAXATION, CALMING THE BODY'S FIGHT -OR -FLIGHT REFLEX.

DOUG WILL GUIDE YOU BACK TO A FEELING OF AWARENESS BEFORE CONCLUDING THE 45 MINUTE SOUND BATH SESSION.



Registration Required

Call 860-242-4660 or online at:
www.oldstandrewschurch.org
\$20 per person

Old St. Andrew's Church, 59 Tariffville Rd, Bloomfield, CT

