

Outline for Rest & Restore Sound Bath

Facilitator: Melanie Fox, Soulful Fox

Workshop Format (60 minutes total)

1. Welcome & Introduction (5 minutes)

- Brief explanation of sound healing and what participants can expect.
- Gentle guidance for comfort: mats, blankets, and posture.
- Intention-setting.
- Short breath awareness and/or body scan to prepare participants for the sound journey.

2. Sound Bath Experience (50 minutes)

- Crystal singing bowls, chimes, and grounding instruments played in intuitive sequence.
- Gentle layering of tones to promote deep relaxation, stress release, and nervous system reset.

3. Integration & Closing (5 minutes)

- Gentle return with soft sounds (chimes).
- Moment for reflection.
- Closing words of gratitude and encouragement to carry calm into daily life.

Participant Takeaways:

- Deep relaxation and stress relief.
- Enhanced sense of calm, clarity, and inner balance.
- Exposure to sound healing as a practice for holistic well-being.

Notes:

- All levels welcome; no prior experience needed.
- Participants should bring a yoga mat, pillow, blanket, and anything else necessary for comfort. Eye pillows will be provided.