



Outdoor Sound Bath

Immerse yourself in the calming sounds of gongs, singing bowls and gentle percussion for a therapeutic sound experience in Memorial Gardens. No previous experience is needed for this expert-led session, making it the perfect opportunity to try a new way of reaching deep relaxation.

Before your session, why not take a tranquil moment in Lumini? Book online to secure your free ticket.

Sessions will take place outdoors in a peaceful, accessible setting. While we aim to create a calm and focused environment, please be aware that the park is open to the public and we are expecting crowds. As such, it may be busy and there could be background noise during the activity. In the event of rain, the activity will take place in Memorial Hall.

Please note this session is for ages 18+

Please bring your own mat or blanket to the session, if you do not want to lie on the grass.

About Sound and Ground

Nicky is a qualified Sound Therapy Practitioner, sharing offerings of sound known as sound baths or sound meditation. She specialises in creating respectful, nurturing spaces to support nervous system regulation and deep rest. She is also a professionally trained Forest Bathing guide, Yoga Nidra and specialist yoga facilitator for pregnancy and postnatal.

Nicky runs regular sound baths around Thetford, Norfolk and Brandon, Suffolk including venues such as Culford village hall, Thorpe Woodlands, High Lodge Thetford forest and Brandon Country Park. You can find out more about her practice on www.soundandground.co.uk

“My ethos is to offer welcoming wellness practices that are evidence based, accessible to all and offered from a trauma considered perspective.”

- Nicky

Participant Information

Day	Sunday 14th Sept
Time	5:00pm
Where?	Memorial Gardens
Access info	<p>This session is fully reclined on the ground in Memorial Gardens. Please get in touch with us if lying on the ground would be a barrier to you. If you would like to join the session from your wheelchair or mobility scooter/aid, and would feel comfortable resting in this position for 1 hour, you are very welcome to.</p> <p>The session will take place outdoors in the park. While we aim to create a calm and focused environment, please be aware that the park is open to the public and we are expecting crowds. As such, it may be busy and there could be background noise during the activity.</p> <p>The sessions will take place on a grassy area within Memorial Gardens, which is generally level but may have some uneven patches typical of natural grass surfaces. In the event of rain, the session will move indoors to a fully accessible space in Memorial Hall with smooth flooring.</p> <p>A sound meditation is relaxing for most; however, it is generally understood that coming to a sound bath may not be suitable for you if you experience any of the following: sound induced epilepsy, a pacemaker fitted, acute/severe mental health concerns, are in crisis, experiencing active addiction, Meniere's or any health condition which may triggered by sound e.g sound sensitivity/ misophonia, or if you are in the first trimester of pregnancy. It is also common to drift to sleep at times in a sound bath so a group session will not be the right setting if you experience sleep apnoea.</p> <p>If you are experiencing active trauma or a particularly challenging circumstance in your life you might like to keep this in mind, perhaps considering whether this is the right time for you to receive a session in a group setting. Please do reach out in</p>

	<p>confidence to our facilitator if you are unsure as to whether this experience is right for you Nicky@soundandground.co.uk</p> <p>By booking this event you confirm you have read and understood this statement and none of the above apply to you. You accept that the natural environment cannot be predicted or controlled, hence you participate at your own risk.</p> <p>If you have any specific access requirements or questions, please don't hesitate to contact us in advance. We are committed to making sure everyone can participate comfortably and safely.</p> <p>Please bring your own mat or blanket to the session.</p>
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