



Open Forum Sound therapy.

10th February 2025

10.00 - 1.00 @ Daggers

Football Club, Dagenham. RM10 7XL

Just Say are delighted to be able to offer parents carers the benefits of receiving some sound therapy.

Please book your place by texting our Forum number 07936851199

If you are not already a member please text-(I would like to Join Just Say)

Session 1: 10 -11am (15 spaces available) 5 new members. 10 existing members

Break: 11 – 11.30am

Session 2: 11.30am – 12.30pm (15 spaces available) 5 new members. 10 existing members.

Sound therapy, in brief is where instruments are used to help relax people. The sounds from the instruments send waves through the body which can help lots of things. In our sessions the use of crystal sound bowls, tibetan bowls (made from metal), and other acoustic instruments. People report feeling relaxed, having better sleep and energised after a sound bath.

Attendees will need to bring something comfortable to lie on, this can be a yoga mat or a quilt, a pillow for your head if you want one, and a

blanket or sleeping bag to stay warm during the session. I get cold so always dress warm, (thermal socks etc) but people should dress for their own body temperatures remembering that our body temperature falls when we sleep (people often fall asleep during the sound therapy

There are some medical conditions which are not compatible with sound treatments such as severe tinnitus, severe asthma or having shrapnel in the body but I will share more details in a leaflet. Also, anyone who is early stage pregnant should seek medical advice before taking part.