

Hello Wonderful You 🌟🌟

A very warm welcome and thank you for your kind enquiry regarding the Floating Sound Bath sessions I am holding at Yearsley commencing this September, 2025.

Location: This relaxing Reiki infused Floating sound bath will be held at Yearsley Swimming baths. Parking: Walking is best, however if you are driving, there will be some free parking spots on site as well as along Haley's Terrace.

Timing: 4-5 pm. We start promptly at 4 pm and I ask everyone to kindly arrive at least 10-15 mins earlier to be able to be guided onto a floating air mattress. It will take 15 mins for everyone to vacate the pool at the end so please allow an hour and a half for this session.

What to bring: Just your wonderful selves and an open and curious mind. You may like to wear relaxed clothing for this session and a blanket or towel to cover yourself if you prefer. Please also bring an eye mask or scarf as this will enhance your relaxing experience as the fluorescent lights in the pool are required to be left on. Please bring a bottle of water for hydration to drink afterwards before you head home in your car.

Waiver: Important: Please see the contraindications form attached. Once you've read it, please sign & return to me an email. This will acknowledge that you have none of the health concerns listed. If you are bringing a friend, please see that they are able to do the same.

Cost: Please see my BACS info below and would appreciate a contact mobile number in case of an emergency cancellation. Spaces are limited as this healing modality is very popular, so please book early to avoid disappointment. I'm unable to hold waiting lists.

Cost: £33. Payment secures your place (non refundable once booked)

Mrs Irene Forsyth / Mrs IForsyth - sort code is: 30-99-99 Acc't: 01248308. This is a business account.

Looking forward to meeting you.

Irene x

PS. If you have any questions, please feel free to contact me. 💖 0794 1697047

