



Join us for a relaxing, calming *Sound Bath* session

Join PSL and Lucy, a Sound-healing practitioner, for the powerful process of Integral Sound Healing, which balances the body, mind and spirit. It is a blend of modern scientific research, and ancient wisdom. It balances the autonomic nervous system. It strengthens the vagus nerve, helping you find more balance and calm.

PSL offices, The Hall, 48-50 Vespasian Road, Southampton, SO18 1AX

Spaces are limited, so email michelle.rogers@pslcharity.org.uk to reserve your free space soon.



Please note: You'll need to bring along a blanket for this session. Also a yoga mat & pillow if you can. (We do have some mats and cushions if needed). You can also sit on a chair if you prefer.