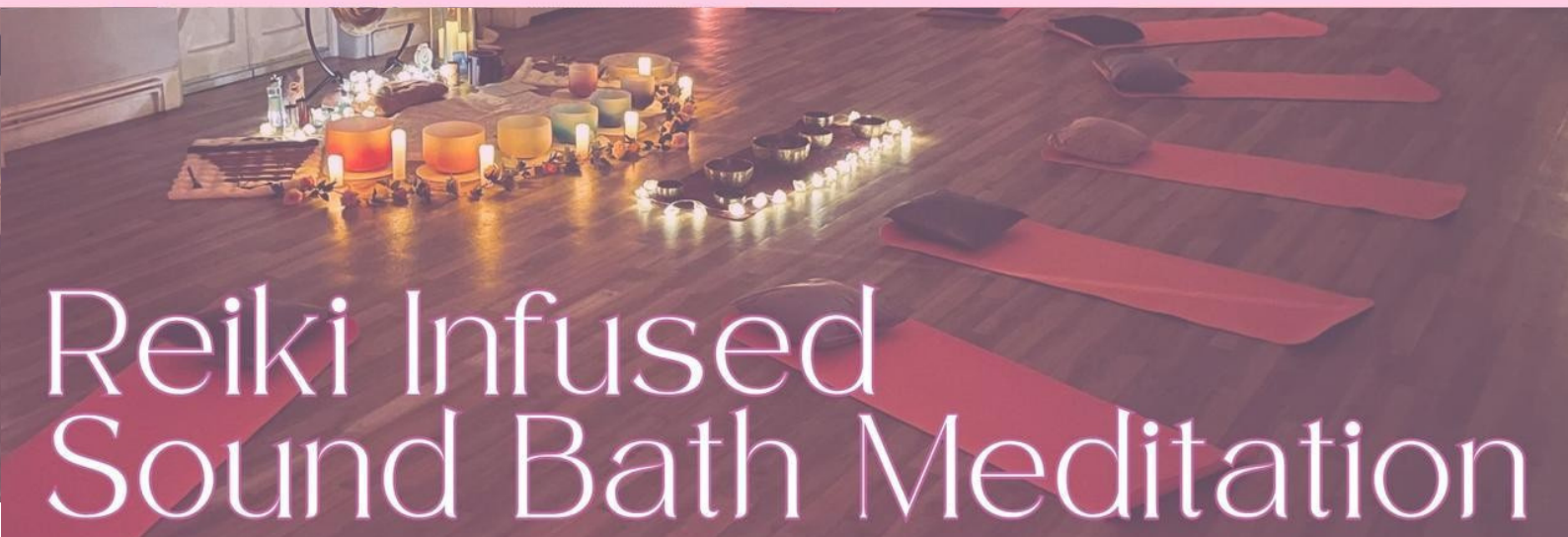




Reiki Infused Sound Bath Meditation

Join us for a deeply relaxing Reiki-Infused Sound Bath Meditation and let the soothing sounds of crystal bowls, Tibetan bowls, chimes, gong and gentle Reiki drumming help you unwind, recharge and reconnect.

Open to both members and guests - so feel free to bring a friend along. Take this time for yourself - you'll leave feeling calmer, lighter and more balanced.

Event Details

Date: Friday 26th June

Time: 7.30pm to 8.30pm

Location: Fresh Sports Centre, Shepperton

Ticket: £15 pp (cash only, payable at time of booking)

Through the workshop, you'll experience and learn to:

- Relax your mind
- Release tension
- Restore balance.

A consent form will need to be completed at the time of booking. Sound Bath Meditation and Reiki are generally safe & relaxing practices. However they are not suitable for individuals with certain health conditions, such as: Heart condition or pacemaker; Epilepsy or seizure disorder; Pregnancy; Recent surgery or injury; Sound sensitivity, hearing impairment, or tinnitus.

Leave feeling lighter, calmer and renewed

What to bring (optional): A cushion/pillow or blanket, eye mask, water.

About Claire

Our practitioner, Claire, specialises holistic healing experiences that harmoniously blend traditional Usui Reiki with immersive sound healing. Designed to regulate the nervous system and clear emotional blockages, these sessions offer a peaceful escape to restore natural balance, clarity, and well-being.

How to Book

Please book now to secure your place. **Call us on 01932 225953 or pop in to Fresh Gym reception.** Payment is due at time of booking and a Consent Form to be completed.