

Pre - Gong bath information

Before attending the gong bath, I would like to share with you a few things so that you know what to expect and can make the most of your experience with the gongs

- Please arrive a little early to find your space and start to relax. Time for recovery will be factored into the session.
- Please wear comfortable clothing
- It is advisable not to have a heavy meal or alcohol beforehand
- You won't be expected to do anything - this is time for you to lie down, relax and receive sound healing
- Please bring a bottle of water so that you can stay hydrated following the session
- Your gong practitioner will provide a caring / safe / supportive space
- The gong space is a neutral space of no judgement, your experience will be unique to you and anything you wish to discuss with your gong practitioner about your experience will be confidential
- A gong practitioner / sound healer is not a Doctor and will therefore not diagnose or treat any specific illness.
- Due to the powerful nature of the gongs, consideration must be given to certain conditions. It is recommended that a (group) gong bath may not be suitable if you have recently had an operation particularly with metal insertions / are fitted with a pacemaker / have severe osteoporosis / epilepsy or severe mental illness. It is advisable to speak with the gong practitioner prior to attending any sound healing session if you need further advice.
If you are pregnant or you are particularly sensitive to sound (Tinnitus / Meniere's) it is important to discuss with the practitioner prior to the session so appropriate considerations can be made. It is not recommended to attend a (group) gong / sound healing session if you are in the first stages of pregnancy but if you are concerned regards any health issue it is advisable to contact the gong practitioner prior to attending.

If you wish you bring a child please contact me to discuss, a smaller group session may be more appropriate

Post-Gong bath information

- Please keep warm and drink lots of water. This will assist the body in flushing any toxins from your system.
- Allow the gong healing time to work - you may feel immediately better, or in some circumstances it may take several days or a number of sessions; particularly if you have any chronic / long term ailments
- Following your gong session please be sensible and do not over do it. Give your body chance to integrate the healing and be kind to yourself.

If you have any questions please contact the gong practitioner to discuss

If you are unable to make the session please let me know asap as someone may be on the reserve list who can attend

Thank you - [The Gong Space](#)