

## **Sound Bath Workshop 15<sup>th</sup> July**

### **Report by Sue Overton**

Two groups of ten members met for separate sessions of the sound bath workshop led by Susan Lodge, a yoga teacher with 20 years experience, a sound practitioner and author of three handbooks for yoga teachers.

This was a new and enjoyable experience for all of us – a combination of gentle yoga moves and relaxation whilst bathed in sound which can be done seated or lying down.

In her introduction Susan described yoga as similar to the body movements involved in ballet or dancing. The practice of yoga is very individual according to age and life circumstances. Susan saw yoga as a containment of fluctuation in the psyche or mind - movement containing thoughts. Whilst it is not possible to empty our minds completely, we can take measures to settle our minds by focussing on postures.

We began with simple movements - arm raises, side bends, gentle head turns and twists from lower to upper body with focus on breathing. This ended with counter postures/stretchers to ensure everything returned to centre.

We ended with 'caring breaths' – a combination of breathing and arm movements.

The next section involved relaxation whilst various instruments produced sounds based on the four elements – earth, air, fire and water. The vibrations from the instruments – chimes including the kochi chime, singing bowls, monochord and different sized gongs, the biggest was the wind gong - effect the fluid in our bodies moving our cells with their tones and harmony thus enhancing relaxation.

'I listen, I listen – the sound of the bell brings me back to my true home'

Recommended reading: 'Yoga for the Three Stages of Life' by Srivatsa Ramaswami

NB: Susan will be leading yoga morning (10.30am – 12.30pm) retreats in Cotherstone Village Hall on 16<sup>th</sup> September and Woodland Village Hall on October 22<sup>nd</sup>. 1 hour yoga and 1 hour sound bath, £9 per individual session or £18 for both. These are not u3a events and so you need to contact Susan direct to book a place: [yogasusanlodge@outlook.com](mailto:yogasusanlodge@outlook.com) or 07984 693539