



Pure Sound: Gong Bath Review

Introducing Peter Jones

Peter is a retired Special Needs Teacher and now teaches Yoga, facilitates Reiki and is an End of Life Doula.

“I have been enjoying exploring Sound in a variety of ways, Naked Voice, Toning, Kirtan and Mantra, Soundscape, using Tibetan Singing Bowls, experiencing a Gong Bath, with it especially being on my doorstep, was a natural progression.”



How did you hear about the Gong Baths?

My networking / social group interests made it possible.

What were you hoping to experience?

Aside from the pure enjoyment of such an experience, I always go with an openness to receive the resonance of the sounds, relax deeply, and allow my body, mind, emotions and spirit to be bathed by the sounds and the “magic” they work!

What do you experience during a Gong Bath?

Each time is a unique experience of deep relaxing with the potential for journeying to another space.

How have the sessions impacted on your life?

In the moment they are very deeply relaxing, have been quite emotional and releasing.

How often do you attend the sessions?

Well overdue due to my other commitments and interests.

Would you recommend Gong Baths to your friends?

Most definitely, Steph creates a safe, nurturing space for self exploration and release beyond our daily lives of consciousness, with the potential for healing within through the mystery of the power of sounds.