



Speaker Bio:



You may have heard of sound baths and wondered why this kind of 'wash' has gained such a glowing reputation in not just the wellbeing space, but with people from all walks of life. "Sound baths really have grown in popularity and there's good reason for that," says Ashleigh Scopas, host of the Sound Bath for Wellbeing events being held at this year's conference.

"In a world where many feel burdened, stressed or anxious, this is a tool that can help release the pressure valve and create a sense of calm. It's a rest and reset mechanism that is accessible and can be very instant."

While a traditional bath immerses you in water, this is one where you lie down on a yoga mat and immerse yourself in resonate sound; a sound which can feel like it's washing completely over you.

That echoing sound is created using specialist instruments, the most popular of which are crystal singing bowls and pyramids. Ashleigh uses numerous instruments including pitch-perfect quartz crystal bowls in 432Hz frequency.

"When you are exposed to these sound frequencies, your brainwaves can quickly move from a normal waking state to one of deep rest and relaxation," says Ashleigh.

"Sound baths have helped with stress reduction, anxiety, high blood pressure, and sleep disorders. And for those who struggle to meditate, they can quickly still and reset a racing mind."

A fully trained sound bath practitioner, Ashleigh Scopas is the owner of ASH&STONE, Ponsonby's crystal and sound bowl retailer.

Host -
ASH&STONE Ltd

Topic -
Sound Bath ASH&STONE
(Wellbeing)