



SOUND BATH

Vedic Vibes Himalayan Sounds & Retreats LLC

with Sarah Kuruvilla



Let your body release tension and your mind find stillness during a deeply restorative Sound Bath. This guided meditative journey surrounds you with soothing tones from instruments handcrafted in the Himalayan region, each made from a blend of seven sacred metals. The layered vibrations gently “bathe” you in sound, encouraging your nervous system to shift into a state of deep relaxation. As the resonance flows through you, it can help quiet mental chatter, ease stress, and create a spacious sense of calm.

Dates:

Fridays – April 3rd, 17th and 24th

Time:

12:30 – 1:25 p.m.

Location:

Jade Room

Cost:

\$40 per session

Registration:

Register in Mindbody

(search for the class by date and title)

What to expect:

After a brief grounding, Sarah will weave restorative soundscapes designed to support rest and reset. Many participants report feeling lighter, clearer, and more centered afterward.

Is this for me?

Sound Baths are generally gentle and accessible. If you have sound sensitivities, a history of seizures triggered by sound, or implanted medical devices, please consult your clinician first.

Have questions about what to bring or accessibility? Let us know—we’re happy to help you get the most out of your session.

Visit beachcitiesgym.com for more information.



A Beach Cities Health District Program