

MAHALA

HEALING

HEALING IN YOUR COLOURS

offerings

- Group Sound Baths
- Breathwork & meditation
- Aromatherapy
- Sleep Rituals
- Private Sound Baths
- Corporate Events
- Retreats
- Collaborations



what is a sound bath

A sound bath is a full-body listening experience created through layers of sound from crystal singing bowls, gongs, chimes, Himalayan singing bowls, drums, voice and other resonant instruments.

As the sounds move through the space, they may help quiet the mind, soften physical tension and guide the body into a deeply restful, meditative state.

You may experience:

- ~ Deep relaxation
- ~ Reduced feelings of stress and anxiety
- ~ Emotional release and balance
- ~ Improved sleep
- ~ Greater mental clarity & focus
- ~ A sense of calm & reconnection



coming up

- Oct 14 - Bondi Sound Bath
- Oct 21 - Bondi Sound Bath
- Oct 23 - Sound & Acupuncture
- Oct 28 - Bondi Sound Bath
- Nov 18 - Bondi Sound Bath
- Nov 15 - Yin & Sound
- Nov 25 - Bondi Sound Bath
- Dec 2 - Bondi Sound Bath
- Dec 6 - Sound & Acupuncture

why us

At Mahala Healing, every experience is led with intention and informed by ongoing research, training and professional development.

We use exceptional instruments, including Crystal Tones® Alchemy Crystal Singing Bowls and Grotta Sonora gongs, chosen for their depth, resonance and ability to create rich, immersive soundscapes.



Our sessions are thoughtfully designed to support deep rest, nervous system regulation and a greater sense of connection to self.

Inclusivity is at the heart of Mahala Healing. Whether you are completely new to sound healing or familiar with the practice, you are welcome here.

Mats, blankets and pillows are provided, so all you need to bring is yourself.

contact us

Ciara Rayment

0423740872

ciara@mahalahealing.com.au

[@mahala_healing](https://www.instagram.com/mahala_healing)



book now

