

“In every sound, there is a hidden frequency that heals the soul.”

Sound Healing Offerings for Your Whole Being and for Being Whole
Kathryn Rambo • Sound Practitioner • Purple Otter Studio



Group Sound Baths: Come and unwind to the sounds of the resonating Celtic Moon steel pan drum, Tibetan singing bowls, and Freenotes Wing as they transport you to a place where the waves of the world cannot come. The soundscapes, tones and music help calm all the restless energies, unwind the tension, while guiding you to state of relaxation and tranquility. Come and rest outside of time, once again in tune with your original state of Harmony, living in a place and a way of Being that is timeless.

Individual “Tune Up” Sessions: A tuning fork is an acoustic resonator that produces a fundamental tone when activated. Tuning fork sessions are a non-invasive sound healing practice that uses the vibrations of tuning forks to promote physical and emotional well-being. Because the body is bioelectric-magnetic and is vibrating its own frequency, the tuning forks are thought to work with the body’s cells and biofield, potentially promoting the body’s ability to repair itself, influencing healthy cellular activity. A tuning fork session helps create relief from stress-related conditions, telling the nervous system to turn off the fight-flight-freeze response as well as help turn down the volume on pain. Individual sessions are 30 minutes long at Riverside Studio in Rochester WI on the 2nd Wednesday of the month. Full 60-minute sessions are on the 3rd Wednesday of the month.

- **Individual sound sessions** are at Riverside Studio in Rochester WI. 30-minute session 2nd Wednesday of the month, 60-minute sessions 3rd Wednesday of the month.
<https://www.chitreesandoils.com/reiki-healing>
- **Group sound baths at Riverside Studio** <https://www.chitreesandoils.com/events>
- **Monthly group sound baths at Greendale UCC**
<https://www.greendalecommunitychurch.org/events>
- **For more information** email Kathryn at: purpleotterstudio@yahoo.com Please put “Sound Inquiry” in the subject line.