



A Sound Body + A Sound Mind + A Sound Spirit = A SOUND YOU!



www.RaysOfLifeSoundTherapy.com

The mind needs a moment each day
to be still and rejuvenate the body.®



Sound Therapy Benefits

- Reduces stress and anxiety
- Allows for deep relaxation and improved sleep
- Clears the mind and improves concentration
- Aids in the release of undesirable thought structures and habits creating new thought patterns
- Enhances a calm and peaceful state of being bringing about balance, inner peace and harmony
- Balances chakras (energy centers) and helps remove energy blockages

540-379-7930

RaysOfLifeSoundTherapy@gmail.com



CALL TODAY!

**Schedule your One-to-One, Couples or
Group Sound Therapy Session!**

Rays of Life provides soothing sound frequencies and vibrations working on all levels of the body's energy field (Physical, Emotional, Mental and Spiritual) bringing moments of peace and relaxation to those who find themselves overwhelmed with daily stress, to those who may have difficulty settling their mind, and to those who just need a few moments to breathe and unwind in a calming and gentle way.

The therapeutic application of vibration through sound helps to create an environment for the body to activate its own natural process of self-healing from within.



Website



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