



Sound baths in the Calm Room in Knockrose

Sound baths are a way to experience the healing nature of sounds produced by a variety of instruments, in a safe and comforting environment. The beautiful Calm Room in Knockrose provides a wonderful, quiet and relaxing space for Sound baths, exhibitions and 1:1 therapies throughout the year.

It has been identified by health care professionals that stress is one of the most common underlying causes of illness, sound baths are an excellent way to reduce stress, anxiety, sleeplessness, and promote wellbeing.

Instruments used during the Sound bath include; Tibetan Singing bowls, Crystal singing bowls, Koshi chimes, Sansula, drums, hand pans, Symphonic Gongs, thunder tube, voice, rain stick, Tingsha's and shakers.

The normal running time of a sound bath is 60 mins, there will be a period of silence in the last section of the sound bath to allow for individual reflection.

Please bring one or two blankets with you and a cushion or pillow to help you to feel comfortable, if you wish to sit in a chair bring a blanket and cushion (for under your feet). Please try to arrive 15 mins before your sound bath is due to start so that you can get comfortable and relax.

Please drive VERY SLOWLY through the yards to the car park.

Sound baths are either advertised or on request, please contact Knockrose for details,

€15 per person attending the sound bath, €50 for individual one to one session.

please book early to guarantee a place.

Earth heart sounds

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