

Nyomi Sounds





Nyomi Sounds

SERVICES

Relaxation / Healing /
Energise / Crystal Singing
Bowls / Chakra realignment /
Personalised Mantras/ Pain
reduction / Meditation



WHAT I DO

- **Services:**
- **Consultations**
- **Bespoke therapeutic sound sessions**
- **Weekly uplifting affirmation**
- **Three layer packages:**
- **Healing**
- **Relaxation**
- **Energiser**
- **Personalised Mantras**
- **Home self work**
- **Space cleansing**

Using long term experience in music and sound combined with a natural ability to intuitively connect with each clients needs.

Whether for the purpose of healing and pain relief, restorative relaxation or energising I will cover multiple areas within each session. The auric layers, 7 main chakras, mental, emotional and physical body are all considered when creating a therapeutic sound journey.

I work to improve the quality of the individual using a range of specialised techniques which can include the voice, breath work, light touch, therapeutic tonal instruments including tuning forks, crystal and Tibetan chakra tuned singing bowls, chimes and drums.

A person with dark curly hair is seen from the back, holding a large, white, bowl-shaped singing bowl with both hands. The scene is set in a dimly lit room with a wooden wall in the background. On a dark surface in front of the person, there are several other singing bowls: a large white one on the left, a medium-sized one in the center, and a smaller one on the right. A small lit candle is placed between the bowls. To the left of the central bowl, there is a small golden bowl containing a wooden mallet. The overall atmosphere is serene and meditative.

We use uplifting mantras and affirmations, focused intentions and a range of singing bowls which stimulate brain waves and shake up the chakras leaving you with a renewed sense of wellness.

FOR 15+ YEARS
NYOMI HAS BEEN
WORKING IN MUSIC
AND SOUND
CURATION,
CONTENT CURATION
WITH REAL
MEASURABLE
CULTURAL
IMPACT.

Nyomi Sounds

PACKAGES 2022

Enjoy a selection of restorative packages. Using long term experience in music and sound combined with a natural ability to intuitively connect with each clients needs.



RELAXATION

From £75.00

With a choice of hand picked smells to cater to your senses, experience a relaxation based sound journey to calm and transport you to a place of tranquility.



- Choose a room fragrance
- Crystal & Tibetan singing bowls
- Chimes
- Tuning forks
- Minimal but healing touch
- Receive session notes

Using a range of tonal instruments, creating stress relieving vibrations and sound combinations, guided breath work brings you into a much needed meditative state of wellbeing. You will receive tips on how to access that place of relaxation when most needed in your own time.

ENERGISER

From £75.00

Laying down in a comfortable position experience a sound journey of energy renewal where you will have the space to reconnect with your inner power. Often our energy is diminished by life's mental and physical pressures and is in need of a boost.



- Auric & Chakra energy boost
- Physical & Mental respite
- Crystal & Tibetan singing bowls
- Uplifting mantra
- Tonal instruments

Using an uplifting mantra, focused intention and a range of singing bowls which stimulate the brainwaves and shake up the chakras leaving you with a renewed sense of wellness.

HEALING

From £75.00

Laying beneath light material in a comfortable position, travel this journey of healing focused on specific areas of discomfort discussed. This healing session assists in relieving elements of physical and emotional stress.



- Eye coverings
- Crystal & Tibetan Singing bowls
- Tuning forks
- Vocal harmony
- Minimal touch where appropriate
- Session notes

Merging frequencies using the voice, therapeutic instruments both on the physical body and around the body in the auric field to deliver direct vibration where needed.

BESPOKE PACKAGES

PREGNANCY

From £75.00

Having found sound therapy an integral part of wellbeing during pregnancy I offer a pre birth sound journey which combines a balance of relaxation and energising to restore balance to expecting mothers and partners.

The sessions are baby safe, bespoke audio can be curated to integrate into pre and post birth daily life.



nyomisounds@gmail.com



HAPPY HEALERS

“ Wow, Wow, Wow! What can I say? This woman is amazing! After each sound healing session, I will be so relaxed and have so much clarity; I feel so renewed! Nyomi and her team of healers are so caring and make you feel so safe and understood. I highly recommend going on this incredible healing journey with Nyomi Sounds. ”

Grace Graham, Workspa



“My aim is to
bring your
attention to
the light
which resides
within so it
may shine at
its brightest.”

Nyomi Sounds ™





“Meditation is not a way of making your mind quiet. It is a way of entering into the quiet that is already there.”

- Deepak Chopra

Nyomi Sounds



BOOK YOUR HEALING NOW - NYOMISOUNDS@GMAIL.COM

NYOMISOUNDS.COM