

soundbath aftercare

Thank you for joining me

I hope your soundbath experience left you feeling deeply rested and renewed. The vibrations and frequencies continue to work within your body, mind, and energy field even after the session ends.

This gentle aftercare guide will help you integrate the healing effects in the hours and days that follow.

Immediately After Your Soundbath

- Hydrate well: Drink plenty of water or herbal tea to support energetic and physical release.
- Rest if needed: Your body may crave extra sleep or stillness.
- Be gentle: Avoid rushing into stressful activities; give yourself spaciousness if possible.

Over the Next Few Days

- Stay connected to nature: Time outdoors deepens grounding and rewilding.
- Notice shifts: Be open to changes in mood, sleep, creativity, or clarity.
- Practice self-care: Baths, meditation, and breathwork can complement the sound healing.

In the Hours Following

Journal or reflect: Note any thought emotions, or insights that arose.

Move mindfully: Gentle yoga, stretching, or walking can help ground your energy.

Eat nourishing foods: Fresh, wholesome meals support integration.

Common Experiences

You may feel:

- Deep relaxation or calm
- Emotional release or sensitivity
- Heightened intuition or vivid dreams
- Subtle shifts in energy and clarity

These are natural signs of integration. If emotions surface, welcome them gently and let them flow

Soundbaths are a journey of rewilding – returning to your natural rhythm and harmony. Each session is unique, and your process will continue to unfold in its own time. I'd love to hear about your experience – feel free to share reflections or any questions with me.



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