

## **What is Vibrational Sound Therapy (VST)?**

VST is a method of deep relaxation that can relieve stress and improve emotional well-being.

Applied use of sound and intention can be a pathway to the meditative state that is both therapeutic and enjoyable.

### **Therapeutic Singing Bowls**

Therapeutic Singing Bowls are designed specifically for sound therapy.

The first "singing bowls" designed as a tool to provide application of vibration directly to the body.

The instrument is refined for both pure tone and strong vibration. The metal mixture is modified to provide an extremely resonant alloy.

We use a "measured strike technique" instead of the rim-sing to activate the bowls.

When a bowl is struck, the bowl vibrates at its fundamental tone. This vibration forms the dominant tone that you hear. The bowl will also ring with overtones, other frequencies higher than the fundamental tone. The overtones are an inherent part of the hand hammered singing bowls.

### **VST Session**

The client remains fully clothed and is never touched directly by the practitioner.

The bowls are typically placed on the client. However, depending on the information provided during intake, an off the body session may be warranted.