

## Heal through Sound

Experience the harmonic frequencies of sound baths to influence the brain's frequency and promote mental relaxation. The vibrations work with the body's cells to bring alignment and healing. Let the gentle movements of your body along with the breath and sound, guide you towards inner peace.



### Essentials

- Wear comfortable and stretchable attire
- Bring a yoga mat or thick towel to lie on for hygiene
- A jacket or shawl to stay warm
- A bottle of water to hydrate

Sessions are held in-person. Limited to 18 slots per session.

### Breathe, Stretch, Rest + Sound Meditation

- 8 Oct, 5pm - 6pm @ Infuse Theatre, L14 Connexis South, FP1
- 9 Oct, 12pm - 1pm @ Cistron, L5 Matrix, BP

### Heal from Within: Affirmations + Sound Bath

- 10 Oct, 5pm - 6pm @ MPH2, L1 Innovis, FP2



## Book a Session



**Pat's** journey in yoga, meditation and sound healing helped her deepen her self-awareness and enhanced her understanding of others. Through these practices, she has learned to approach all experiences with openness, love, and kindness. She focuses on creating a supportive and non-judgmental space, to make yoga, meditation, and sound healing accessible and enjoyable.



**Felicia** is a holistic wellness practitioner specialising in sound healing, Yoga Nidra meditation, Reiki energy healing, and restorative yoga. With over 15 years of experience, she creates sacred spaces that nurture love, compassion, and self-empowerment. Her mission is to guide others on their healing journey and help them discover their true selves.

As part of the social aspect of Sustainability Month, we dedicate a week of activities that bolster wellbeing, to remind us to care for ourselves so we can go the distance and be there for A\*STAR and family. The A\*STAR Mental Health & Wellness Week is co-organised by SpIA OSH and Infuse in celebration of World Mental Health Day held on 10 October.

