

Kathy Gaver

From: Leigh Nitz <lanitz@gmail.com>
Sent: Friday, April 26, 2024 11:50 AM
To: Kathy Gaver
Subject: Mayor and Council

Hello Mayor and Council,

I am excited to be bringing my wellness services to the Myersville community! One of the things I am testing out currently is the desire for sound healing/sound baths within the community. I truly believe it is something that everyone can benefit from! I will hopefully be trialing several sessions in the community room if my request for a reservation is granted. Would you consider waiving the fee so I can make this more accessible to the community?

Here's a little information on sound baths:

What is a sound bath?

It is essentially being "bathed" in the vibrations of sound. This can be achieved through using a variety of tools or instruments. It is an immersive experience.

I currently use primarily singing bowls and tuning forks

What are the benefits of sound baths?

They can help balance the nervous system leading to reduced stress and anxiety.

They can promote physical healing and pain relief

Improved mental clarity

Improved sleep

Emotional healing

These are a few of the ways that sound baths are beneficial!

Thank you for your time. I truly appreciate your consideration in this matter!

Leigh Ann Nitz