

Hello Wonderful You! ✨🌟

A very warm welcome, and thank you for your enquiry regarding the Floating Sound Bath sessions held at various pools across York.

This relaxing, Reiki-infused floating sound bath will be held at **New Earswick Swimming Pool** (located directly behind New Earswick Folk Hall).

Timing & Arrival

- **Session Time:** 7:15 PM – 8:15 PM
- **Arrival:** Please arrive **10–15 minutes early** (by 7:00 PM) so we can promptly guide everyone onto their double-sized floating air mattresses.
- **Departure:** It takes about 15 minutes for everyone to safely vacate the pool at the end. Please allow a total of **1.5 hours** for your visit.

Location & Parking

- **Address:** New Earswick Swimming Pool (behind the Folk Hall).
- **Parking:** Walking is ideal if you are local. If you are driving, free parking spots are available on-site.

What to Bring & Wear

- **Clothing:** Please wear relaxed, comfortable clothing.
- **Comfort:** Bring a blanket or towel to cover yourself if you wish. We will provide an eye mask or scarf to enhance your relaxation (as the pool's fluorescent lights must remain on).
- **Hydration:** Please bring a bottle of water to hydrate before your journey home.
- Most importantly, just bring your wonderful self and an open, curious mind!

Health & Safety Waiver

Please review the contraindications form attached to this email or available on my website: www.yorkreikiplus.com.

- **Action Required:** Once read, please reply to this email confirming you have no listed health concerns.
- **Guests:** If you are booking for a friend, please ensure they review and confirm this as well.

Investment & Booking Details

Spaces are strictly limited and highly popular, so early booking is recommended. I am unfortunately unable to hold a waiting list.

- **Cost:** £35 per person (Non-refundable once booked. Payment secures your place).
- **Booking Requirement:** Please reply with your **mobile number** for emergency contact/cancellation purposes.
- Loyalty Scheme in place

How to Pay: 2 ways

- **Bank Transfer (BACS):**
 - **Account Name:** Mrs Irene Forsyth (or Mrs I Forsyth) — *This is a business account.*

- **Sort Code:** 30-99-99
- **Account No:** 01248308
- **PayPal:** You can also pay directly via the website at www.yorkreikiplus.com.
- We are unable to take cash on the day

I am truly looking forward to meeting you and sharing this healing experience.

Warmly,

Irene x

P.S. If you have any questions at all, please don't hesitate to reach out! 📱 **Mobile:** 07941 1697047 💜
www.yorkreikiplus.com