

Hello Wonderful You 🌟🌟

A very warm welcome and thank you for your kind enquiry regarding the Floating Sound Bath sessions I am holding at various pools in York.

Location: This relaxing Reiki infused Floating sound bath will be held at Milner Hotel Leisure Club, Pool area. Parking: Free, however at times it is limited and there's loads of road works as it's next to York train station. Type in your car registration once you arrive at reception at the Leisure Club. This is situated 2 flights down a set of stairs. (no lift)

Timing: 3-4 pm. We start promptly at 4 pm and I ask everyone to kindly arrive at least 10-15 mins earlier to be able to be guided onto a floating air mattress waiting for you in the heated pool. It will take 10- 15 mins for everyone to vacate the pool at the end so please allow an hour and a half for this session.

What to bring: Bring your wonderful selves and an open & curious mind. You may like to have or change into swimwear and bring a towel if you are going to access the jacuzzi, sauna or steam room afterwards. (included in the price). Alternatively, you may like to wear relaxed clothing for this session and a towel to cover yourself. Please bring a bottle of water for hydration to drink afterwards before you head home in your car. I will be providing the double air mattress for you to float on and a disposable scented and warming eye mask (optional).

Waiver: Important: Please see the contraindications form attached. Once you've read it, please sign & return to me an email. This will acknowledge that you have none of the health concerns listed. If you are bringing a friend, please see that they are able to do the same.

Cost: Please see my BACS info below and would appreciate a contact mobile number in case of an emergency cancellation. Spaces are limited as this healing modality is very popular, so please book early to avoid disappointment. I'm unable to hold waiting lists.
Cost: £39.99. Payment secures your place (refundable 7 days prior once booked)

Mrs Irene Forsyth / Mrs IForsyth - sort code is: 30-99-99 Acc't: 01248308. This is a business account.

Looking forward to meeting you.

Irene x

PS. If you have any questions, please feel free to contact me. 💜 0794 1697047