

FAQ for Davin Youngs THE RESET:

What is a Sound Bath?

A Sound Bath is an immersive sonic experience created from various instruments such as singing bowls, gongs, rain sticks, drums and vocals to create a container of sound for participants to be enveloped in.

Am I standing, sitting, or lying during a Sound Bath?

You will sit or lie down, depending on your preference and the ticket you purchased for the event. If you purchase a ticket for the audience seating section, you will be seated in the Orchestra area of the Phillips Center. If you purchase a ticket to the stage, you will be on the stage, either sitting on the floor or laying down. Attendees planning to sit on the stage are encouraged to bring their own yoga mats and props that will make you feel comfortable.

What do I wear to a Sound Bath?

Something comfortable! You will be sitting or lying down in a meditative, relaxed state which may cause you to feel cold. You may want to dress in layers or bring a blanket to maximize your comfort during the performance.

What should I bring to a Sound Bath?

Maximizing your comfort will help you maximize your experience. Items that may help you get the most out of the Sound Bath:

- A small pillow and/or blanket
- A yoga mat
- An eye mask
- A sweater
- Any crystal you want to charge in the sound and vibration
- An open mind

What will I experience during a Sound Bath, and how will I feel after?

Individual experiences will vary, but many people find themselves slipping into a meditative state, deep relaxation or a sense of tension release and some even fall asleep (which is fine)! Afterwards, you may feel energized, sleepy, or even emotional. It really depends on your energy and where you are in the physical space in the days leading up to the Sound Bath. However you feel afterward, honor it. Rest if you feel tired, don't forget to hydrate, and fuel your body with a good meal.

Do I need experience meditating or with a Sound Bath to attend?

No prior experience is needed. The Sound Bath leader is there to guide attendees through the process.

Are photos and videos allowed?

Photos and videos are allowed if they do not detract from the experience of those around you. We recommend grabbing any photos or videos before or after the experience so that you can be truly present.

What does the music sound like?

The best way we can describe it is enveloping. It can be dissonant or harmonic. Many sounds at once or a single gong ringing alone. The beauty of a Sound Bath is that the sound evolves throughout the performance.