

The Avalon Sanctuary offers artist-led sound baths, meditation workshops, and voice activation classes.

## Sound Bath Experiences

### An Artist-Led Sound Bath and Somatic Meditation Journey

The Avalon Sanctuary offers a refined sound experience that goes beyond relaxation alone. Each session is an artist-led sound bath and somatic meditation journey, designed to be immersive, restorative, and healing.

Led by professional musicians that are also trained and insured music therapists, the work is grounded in advanced musical understanding, therapeutic practice, with a long-term study of how sound, frequency, and vibration affect the human body and mind.

Sessions are a deeply powerful and relaxing experience beyond the standard sound bath and include live ambient guitar and vocal soundscapes combined with traditional and rare sound-bath instruments, including:

- Hand-crafted metal bowls from Nepal
- Crystal bowls
- Large gongs, including rare temple gongs
- Instruments made from precious metals and crystalline materials, chosen for their tonal depth and vibrational quality

All instruments are tuned and selected with care working harmonically within the frequency range of 432Hz tuning system, and chosen for their harmonising and healing effect on the body and nervous system.

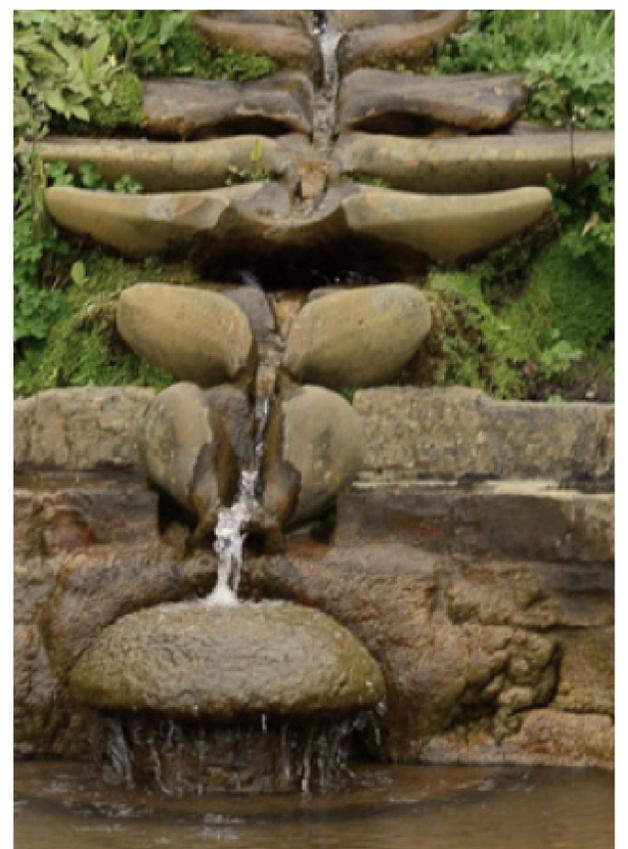
Sound is experienced not only through hearing, but felt physically as vibration, resonance, and gentle movement within the body creating a full-spectrum somatic listening experience.

## Neuroacoustic Cognitive Reframing

Alongside the sounds, subtle spoken and ambient vocal guidance is woven into the soundscape using a neuroacoustic approach to cognitive reframing, allowing shifts to occur beneath conscious effort.

This approach recognises how sound and language together engage the brain and nervous system more effectively than either alone.

When spoken, intention, mantra, or guided language is paired with music, rhythm, and frequency, multiple neural pathways are stimulated simultaneously, supporting changes in perception, emotional state, and habitual thought patterns.



# Meditation Workshop for Positive Mindset, Health & Manifestation

Alongside our Sound baths, we also offer meditation workshops rooted in breath awareness, embodied meditation techniques, and gentle cognitive reframing.

These meditation sessions are guided experiences using a range of techniques to gently shift unhelpful behavioural and thought patterns.

Through breath, presence, and awareness, this supports a natural shift in brain chemistry towards a more harmonious state of being.

Each session has a different focus such as health, positive mindset, success, abundance, manifestation, joy, or relationships.

Carefully selected, minimal sound is used to support restorative brainwave states, allowing gentle rebalancing and integration of a calmer, more aligned mindset.

## Voice Activation Classes

Voice Activation classes are grounded in the understanding that the human voice is a powerful regulator of the nervous system and a direct pathway into physiological and emotional balance.

Research in neuroscience and psychophysiology shows that singing, chanting and vocal toning increase parasympathetic nervous system activity, supporting stress reduction, mood regulation and emotional resilience. Simple practices such as humming have been shown to significantly increase nitric oxide levels in the nasal cavity, a compound associated with immune health, vascular function and oxygen delivery.

These sessions guide participants through breath-led vocal practices that use vibration and resonance to release tension, shift habitual stress patterns and support a more coherent internal state.

No singing experience is required; the voice is used as a natural biological wind instrument.



The  
Avalon Sanctuary

# Founders: Leah Ray & Kenwyn House

Leah Ray and Kenwyn House are the founders and visionaries behind The Avalon Sanctuary a Sound Bath, Retreat, meditation and coaching practice devoted to the healing potential of music, frequency, and conscious living.

Together they bring decades of combined experience across professional music, therapeutic practice, meditation, and embodied approaches to wellbeing. Their work bridges ancient traditions of sound and ritual with contemporary musical and therapeutic understanding.

## Kenwyn House

Kenwyn House is a highly respected musician, composer, and sound practitioner whose career spans mainstream musical success and deep exploration of sound and consciousness.

He is a founding member of the iconic 90s rock band Reef achieving three UK top 10 albums, one of which was a number one, plus multiple Top 10 hits and touring extensively worldwide.

Alongside his performance career, Kenwyn has spent many years studying meditation, sound, frequency, and their effects on the nervous system and consciousness. His guitar-led approach brings rare musical depth, precision, and emotional intelligence to the sound-healing space.

## Leah Ray

Leah Ray is an accomplished singer, recording artist and sound therapist with over twenty-five years' experience across music, meditation, nutrition, coaching, and frequency-based therapeutic practices.

Alongside her therapeutic work, Leah is an established recording artist with multiple releases through respected record labels including EMI, Ministry of Sound, Renaissance, and others, grounding her sound-based work in a deep, professional relationship with music, voice, and vibration.

Trained by the renowned British voice pioneer Jill Purce, Leah specialises in vocal sound therapy, chanting, and voice-led healing modalities.

The Avalon Sanctuary offers three complementary experiences that can be programmed individually or as part of a wider wellbeing offering.

Sound Bath Experiences are offered as one-off events, special ceremonies, or scheduled sessions.

Meditation Workshops and Voice Activation Classes can be delivered as standalone drop-in sessions or structured as a six-week course, allowing participants to explore each practice in greater depth over time.

Course formats are often offered at a reduced per-session rate and can be themed or adapted to suit the needs of the venue or audience.

All offerings can be tailored for corporate wellbeing programs, yoga studios, wellness centres, hotels, retreats, and private events, with formats designed to align with your space, schedule, and community.

## Bookings & Enquiries

To discuss bookings, course structures, or bespoke events, please contact us directly:

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