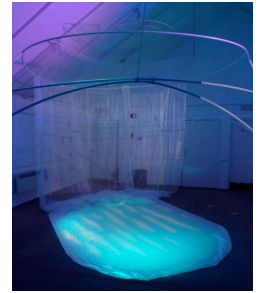


Temple Baths

Environment Costumes - shiny white tabards. Low End - temple mats, Tibetan bells, hanging bells, singing bowls, little gongs, warm lighting. Gong stand and big gongs (covered). High End White material pool with white/blue gobos, voile waterfall with projection and sound, warm water tub, water bowls and towels. Vaporiser (lavender oil), talcum, hand and body creams and hand towels, big xylophone.



Temple sounds Follow the sound of the giant Yak bell to the temple. Find a mat and play the bell sounds, listening to each other as they resonate around you. Add singing bowls that hum and vibrate and reach deep inside you and tickle your fingers and toes. As ambience grows, add little gongs to complete the circle of sound while you relax and feel calmer.

Gong stand Big gongs are revealed and one by one you join the musician and play together, feeling the vibrations and listening to the sounds that go on and on, overlapping and filling the space.



Waterfall and pool The sound of a waterfall draws you to the pool and you see the water splashing down the voiles. Step into the pool, roll and swim in the 'water' as dappled blue light runs over your costumes. Bring bowls of warm water (and towels) and wash each individual's hands/feet, giving total attention and encouraging acceptance of touch. Then dry and massage with talc and/or cream - total pamper, total focus.



Chill When group is all calm and relaxed, lie down in the pool and listen to the water and xylophone, as the voiles float out above you and you lie and watch the colours of the waterfall.

Evaluation Costumes again transformed clients and being made of same material as pool meant they blended into water. Once again the low end became the focus for the first half of session, successfully holding whole group and even enabling those who usually prefer their own space to remain within this area. This was down to the quality and variety of the instruments used and the ambience they created. The gong stand worked as a bridge between the ends and in every session, due to the 'state' of the groups after first section, the gongs were played gently and beautifully, with lots of listening. All clients loved the individual attention of the 'baths' section. Even those who were reluctant at first, seeing the pleasure of the others, eventually came to the pool and joined in. One client, they initially didn't bring because she'd been agitated for three days, left the space calm and happy. Another who normally refuses touch, spent 10 mins massaging an artist's hand.

