

## GOOD VIBRATIONS AT THE LODGE AT WOODLOCH

Award-winning destination spa offers healing sound therapy



**FOR IMMEDIATE RELEASE: April 15, 2019- HAWLEY, PA:** The Lodge at Woodloch has long been aware of the healing power of sound - whether the deep vibrations coming from the Crystal Singing Bowls at the entrance of The Lodge, the sound of nature that pours over one when they step outside, or the complete sound of silence experienced in the FLOAT Therapy tank's sensory deprivation.

To take it a few steps further, The Lodge at Woodloch has enhanced its Sound Healing Therapy in the treatment room, in the meditation room, in the garden and in the great outdoors.

This April The Lodge at Woodloch rolls out the *Vibrational Sound Therapy Treatment*. Combining powerful vibration and sound to induce an immediate relaxed state, this unique experience introduces sound waves by direct placement of therapeutic singing bowls on the body. The gentle vibration and soothing ambient tones encourage a deep meditative state, allowing the body to fully rest and promoting a greater sense of well-being. Each fifty-minute session will cost \$150.

The Lodge has also added a weekly class, *Gong with the Wind*, to the activity sheet. A combination of yoga and meditation practitioners have teamed up to lead the profound class. Through using the bronze gong, singing bell bowl, the sacred blowing conch and vocal over-toning, attendees of the class will experience the in-depth healing power through holistic tone immersion. The benefits of the fifty-minute class include emotion/stress release, chakra alignment, Yogic breath exercises and the opportunity for a deeper meditative state.

Taking the experience outdoors, The Lodge at Woodloch has added three extra-large Shohola Bells to the property. Each bell is located in carefully selected areas to help "ring-in" intentions as guests enter and exit the nature trails, enter or exit the Lotus Labyrinth or enter and exit the post spa treatment relaxation area. The deep tones are each unique to the bell. The local artisan, David Greembaum hand spun and artistically crafted each bell specifically for The Lodge at Woodloch. The deep tenor ring can occasionally be heard on the nature trails when the breeze blows just right.

During the summer months of 2019, the continuation of the healing powers of sound will resonate for food lovers as well. Sometimes the healing power comes from nature. Each Thursday evening in the summer, The Lodge at Woodloch will host a Garden Dinner where chef Josh brings the table to the farm. The food will be freshly picked and prepared right at the garden grill while attendees experience this profound and intimate experience.

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### About The Lodge at Woodloch:

The Lodge at Woodloch is one of the finest all-inclusive luxury destination spa resorts in the U.S., offering complete spa programs, treatments, outdoor adventure activities, golf, classes and packages in a pristine mountain retreat environment. Located on over 500+ wooded acres with a private lake in the Lake Region of Northeast Pennsylvania, The Lodge provides an oasis for personal awakening and renewal just 2 ½ hours outside of New York City. The award-winning property features 58 luxury accommodations, a 40,000-square-foot spa, gourmet restaurant and more. Additional information and reservations are available toll-free at 1-800-WOODLOCH or visit [TheLodgeatWoodloch.com](http://TheLodgeatWoodloch.com), [Facebook.com/LodgeAtWoodloch](https://www.facebook.com/LodgeAtWoodloch), Twitter ([@LodgeatWoodloch](https://twitter.com/LodgeatWoodloch)) and Pinterest ([@LodgeatWoodloch](https://www.pinterest.com/LodgeatWoodloch)).

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