

Luminance Yoga and Naturopathy

Portland, Oregon

I brought Sonic WBV to Luminance in June of this year and it is a big hit! I am Laura Washington ND and Luminance is the NE Portland home of my naturopathic medical practice, my yoga classes, and now Sonic WBV. My clients and students use the Sonix two to four times a week. Many times they use the pre-programmed modes. Other times I choose a specific frequency based on their particular health situation. I encourage them to mix it up a little bit to access the various benefits the Sonix has to offer.

I also provide guidance in using the Sonix in positions other than standing. I might address knee issues with them sitting in a chair with feet on the platform, or extend the platform with an exercise bench and have them lay on it to relieve back pain or menstrual discomfort, or to deeply rest. I have some clients working with hands on the platform for both upper body strengthening as well as relieving strain patterns.

I will also encourage people to sit on the platform for either a lovely meditation or as a way to bring the Sonix platform closer to the core of the body. The Sonix has brought such vibrancy to Luminance. My clients and I are all so happy to have it supporting our wellness.





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