

Frequently Asked Questions – Corporate Sound Baths

Q: What is a Sound Bath?

A: A Sound Bath is a deeply relaxing experience where employees are immersed in **therapeutic sound waves** from instruments such as **Tibetan singing bowls, gongs, chimes, and other vibrational tools**. These frequencies help reduce stress, improve mental clarity, and promote a state of deep relaxation, making it an ideal corporate wellness solution.

Q: How much does a Corporate Sound Bath cost?

A: A **60-minute Corporate Sound Bath** session is **£450 for up to 20 participants**. An invoice will be issued upon booking, with payment due by the last working day of the month in which the session takes place. **Longer sessions or additional participants** can be accommodated at an extra cost—please contact us for a custom quote.

Q: How long does a typical Sound Bath session last?

A: Our standard **workplace Sound Bath** lasts **60 minutes**. However, we offer extended sessions (**75-90 minutes**) incorporating:

- ✓ **Gentle movement** to release tension
- ✓ **Breathwork** to calm the nervous system
- ✓ **Deep meditation techniques** for enhanced relaxation

Sessions can be tailored to **fit your company's schedule and wellness goals**.

Q: What space is required for a Sound Bath?

A: A **quiet, private space** is ideal. The therapist will need room for their equipment and enough space for attendees to **sit or lie down comfortably**. As a guideline:

- A **400-600 square foot room** is suitable for **up to 20 people**.
- If no suitable space is available, we can arrange a **private venue** for your team (**venue hire fee applies**).
- The space should be free from loud noise and distractions for the best experience.

Q: What's the maximum number of participants per session?

A: To maintain the highest quality immersive experience, we accommodate a **maximum of 20 participants per session**. For larger groups, we can arrange **multiple back-to-back sessions** or a **customized wellness event**.

Q: What should participants bring?

A: We recommend attendees bring:

- ✓ A **yoga mat and blanket** (if lying down)
- ✓ A **cushion** for comfort
- ✓ A **bottle of water** for hydration
- ✓ An **eye mask** (optional) to enhance relaxation

Optional a journal to write down your journey.

We provide **all sound healing instruments and facilitation**.

Q: Are there any health considerations or contraindications?

A: While Sound Baths are **safe and non-invasive**, they may not be suitable for everyone. Participants should **consult their GP** before attending if they have:

- **Epilepsy or sound sensitivity**
- **Severe anxiety or PTSD** (as certain frequencies may trigger emotional responses)
- **Pacemakers or other medical implants devices**
- **Pregnancy** (particularly in the first trimester)

We provide **consent forms** to ensure the wellbeing of all participants.

Q: How often should companies schedule Sound Baths?

A: Regular sessions help employees **sustain** the benefits of sound healing. We recommend:

- ✓ **Monthly** sessions for ongoing stress relief
- ✓ **Bi-weekly or weekly** for high-pressure environments
- ✓ **One-time events** for corporate wellness days, retreats, or team-building

We can design a **tailored wellness program** to integrate Sound Baths into your company's culture.

A: Regular sessions—**weekly, bi-weekly, or monthly**—provide the best results, helping employees consistently manage stress, enhance focus, and improve overall wellbeing.

Q: Do employees need prior experience?

A: No prior experience is needed! **All sessions are fully guided**, and employees of all levels—whether they are complete beginners to mindfulness or experienced in meditation—can participate and benefit. The therapist will guide participants throughout the session, ensuring a relaxing and enjoyable experience.

Q: Can Sound Baths be combined with other wellness activities?

A: Yes! Many companies combine Sound Baths with:

- ✓ **On-site massages** for deep relaxation
- ✓ **Meditation, Reiki, Soul Quantum Healing or breathwork sessions** to enhance focus
- ✓ **Team-building exercises** for workplace cohesion, firewalking, glass walking, arrow breaking and rebar bending all work well together with sound bath.

Let us know your goals, and we'll create a **custom wellness package**.

Q: What is your cancellation policy?

A: We understand that schedules may change. Our policy is:

- **Full refund** for cancellations made **30+ days** in advance.
- **50% refund** for cancellations made **14-30 days** before the session.
- **No refund** for cancellations made **less than 14 days** before the scheduled session.

Rescheduling is available **subject to availability**.

