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events

Sound Bath Class.

EVENT DETAILS



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10-500
People



Available
Nationwide



1 Hr



Held
Indoors



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Overview

Treat your team to a rejuvenating sound bath at your location. Immerse yourselves in soothing sounds from instruments like bowls and chimes, accompanied by a guided meditation to promote mindfulness and focus. With a duration of 60 minutes, this experience helps reduce stress, boost team bonding, and foster emotional calm.

What's Included?

- ✓ Sound bath for team relaxation and connection
- ✓ Delivered at your location, office or venue
- ✓ Soothing sounds from instruments like bowls and chimes
- ✓ Guided meditation to promote mindfulness and focus
- ✓ Full risk assessments & £5million public liability insurance
- ✓ Well-kept and maintained equipment

Benefits

- ✓ Sense of Achievement
- ✓ Enhancing Motivation
- ✓ Working towards a common goal
- ✓ Learning New Skills
- ✓ Fun for All

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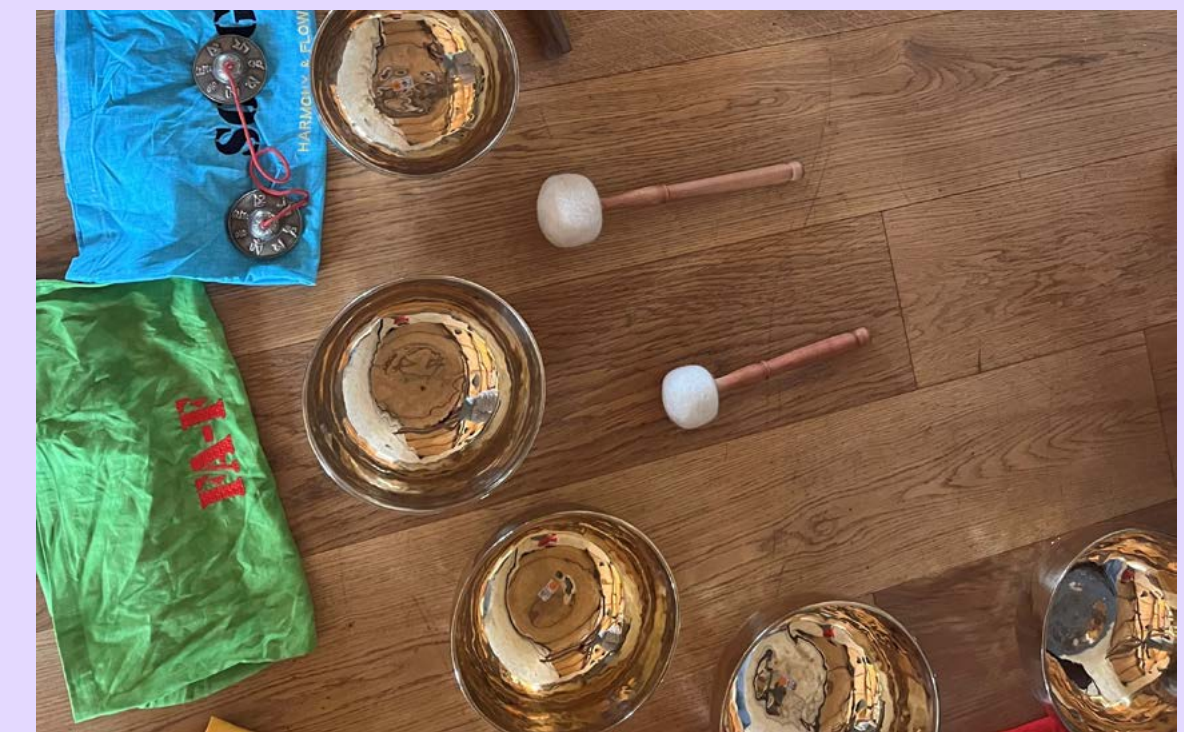
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What happens at your event?

The host will arrive at your location (e.g. venue or office) and will do a meet and greet. They'll give an introduction to what a sound bath is, how it is done and how it can help. The host will bring all the tools of the trade with them such as gongs, bowls and chimes and will ask everyone to lie down, relax and get ready to experience the soothing sounds of a sound bath.

The host will do all the work creating all the amazing sounds, all the team needs to do is lie back and enjoy some calming down-time. The class is aimed to increase awareness and promotes a deeper sense of relaxation, making it the perfect way to improve team dynamics, communication, and overall well-being. The class will last an hour in total, more than enough time for the whole team to unwind and rejuvenate.



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We're rated 4.9 stars out of 5 based on 2,300+ Trustpilot reviews.

Is this something you'd like to book?

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CONTACT US

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- 📞 0161 341 0052
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What happens when you book?

We'll send you a quick digital agreement to sign, followed by an invoice for the 25% deposit (or 100% if within 6 weeks), which you can pay easily online, over the phone or by BACS.

- ✓ Saving YOU Hassle
- ✓ Inclusive Events UK Wide
- ✓ Encouraging Participation

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