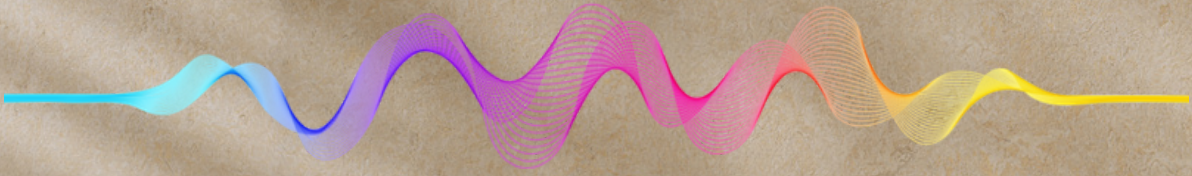


SOUNDS WITH STEPH



pause • connect • rejuvenate

WORKPLACE WELLBEING

AT YOUR OFFICE OR
OUT-OF-OFFICE VENUE
OF YOUR CHOICE

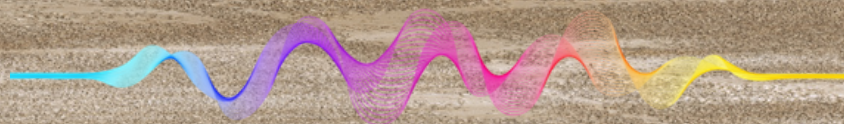
WHAT IS A SOUND BATH?

A sound bath (also called sound healing) is a deeply restorative experience, where you lie down and are bathed in the soothing sounds and vibrations from the crystal singing bowls and other instruments. The sounds, vibrations and frequencies support your body and mind to enter slower brainwaves and states of consciousness.

WHY CHOOSE ONE FOR YOUR EVENT?

Sound baths are a gentle yet powerful way to care for yourself, your team and your clients. They calm the mind, ease stress and anxiety, boost mental clarity, and soothe the nervous system. You can read more about [The Science of Sound](#) on my website.

Please avoid consuming alcohol beforehand.



WHAT HAPPENS IN A SESSION & HOW LONG IS IT?

The group is welcomed into the space and invited to lie or sit on a mat. Once everyone is settled, I guide you through some breathing and/or a meditation. I provide my own themes, but I can tailor it if you have something you want to focus on. I then play my crystal singing bowls and other instruments. All you have to do is lie down and receive.

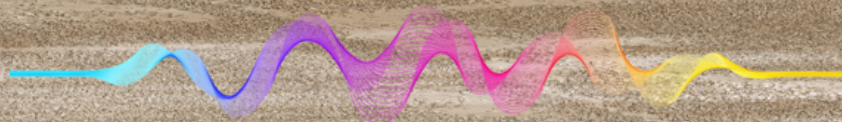
The session is 60min.

HOW MANY PARTICIPANTS ARE REQUIRED & HOW MUCH?

Min 15/Max 25 guests per session @ £27.50 per person.

If you are less than 15 guests, the minimum price of £412.50 applies.

Travel & parking is an additional charge confirmed upon enquiry.



We can increase the length of the event if you'd like to include extra activities such as:

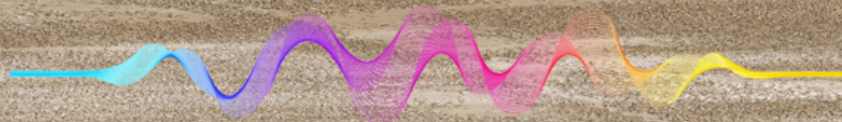
- guided journalling & intention setting
- tarot/oracle card pulling
- somatic movement
- yin yoga holds

Each additional 30mins is charged at £30

WHAT EQUIPMENT DO I PROVIDE FOR YOUR EVENT?

- Yoga mats - Mini bolsters
- Eye pillows - Blankets
- Thoughtful gift
- Candles (battery operated)
- Starry night lighting
- Sound bath instruments

I need ~45min to set up & pack down depending on group size. Please ensure the room is empty before I arrive.



WHAT HAVE OTHERS SAID?

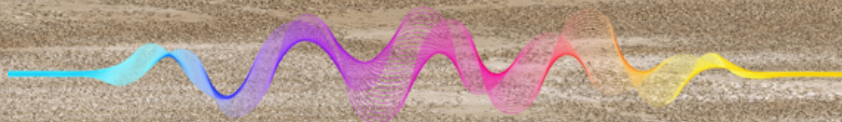
“This was so magical and needed.”

“It was great!! Left me feeling very relaxed and I will definitely attend another session.”

“It was so lovely, first time I’ve felt properly relaxed in a long while.”

“My nervous system feels so calm.”

“A huge thank you from us. You are making a massive difference to our wellbeing.”



HOW CAN YOU BOOK?

Email

hello@soundswithsteph.co.uk

Include:

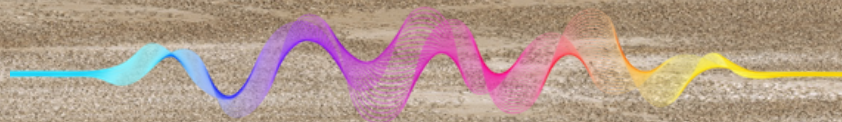
- event date
- potential timings
- number of guests
- venue & your venue contact
- medical/health issues I should be aware of
- whether you require my equipment or if the venue provides theirs

I will reply with:

- a confirmation of my availability & event timings
- full cost quote & breakdown
- first invoice for your minimum payment

Final numbers are confirmed 24hrs before the event, and second invoice sent out

Please note: bookings are non-refundable and participants who drop out do not receive a refund.



I LOOK
FORWARD TO
HOSTING YOU!

SOUNDS WITH STEPH



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