

A woman with long dark hair, wearing a yellow sleeveless top and matching pants, is kneeling on a light blue mat on a wooden floor. She is playing several white, rounded singing bowls with a wooden mallet. The room has large windows in the background showing green foliage. A radiator is visible behind her.

REIKI SOUND BATH EXPERIENCE

CREATING MEMORABLE AND MEANINGFUL
TEAM EXPERIENCES

THEAYURVEDACOACH.COM



THE AYURVEDA COACH

AYURVEDA | REIKI | SOUND

I'm Claire, an Ayurvedic Consultant, Published Author, Sound Healer and Reiki Practitioner.

I am passionate about providing a range of tools to assist in caring for your mental health and overall wellbeing.

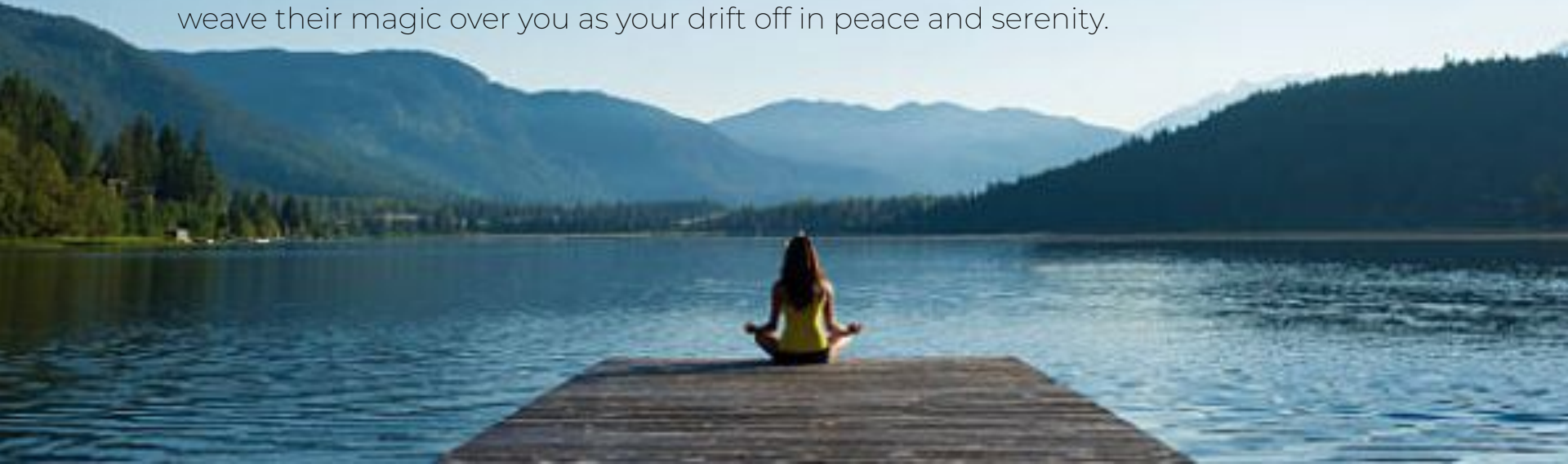
One of the best ways of doing this is through the power of sound and meditation - a 'Sound Bath'.

Holding a Sound Bath is wonderful way to create a memorable mindfulness event for you and your team.



WHAT HAPPENS AT A SOUND BATH?

First, you are invited to get comfortable on a yoga mat, perhaps with a blanket over you. After that, all that is left is to let go and completely relax. I will gently guide you, using your breath and relaxation techniques, and after a while you'll begin to lose sense of the world around you as you're guided along a journey of sound. I primarily use crystal sound bowls for these sessions - and once I start playing the soothing vibrations and sensations will weave their magic over you as your drift off in peace and serenity.



THE BENEFITS

- Reharmonises team dynamics
- Opens channels for creativity + inspiration to flow
- Enhances focus, presence and mindfulness
- Creates fulfilment while improving productivity
- Supports very deep sleep and increased energy in the days following
- Reduces stress by lowering cortisol
- Boosts mood and mental productivity
(by releasing serotonin, dopamine, oxytocin and endorphins)



THE SCIENCE OF SOUND

Sound baths put us into a deep relaxed state where ALPHA and THETA waves are dominant.

Beta waves: Our normal awake state. Beta waves occur when we are alert, concentrating and operating day to day or focused on mental activity.

Alpha waves :The state you slip into when you are drifting off to sleep, a meditative state of deep relaxation which can aid the reduction of our cortisol stress hormone levels.

Theta waves : Occurs most often in sleep (during the periods of rapid eye movement), but also in deep meditation. You withdraw focus from the world, turn your consciousness within and tune out. This is where sound baths take you. Five to fifteen minutes of theta waves help replenish our sodium and potassium levels, which benefits fluid levels for healthy muscles reflexes and nerve function.

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AS SEEN IN...

STYLIST

NATURAL HEALTH

Good Housekeeping*

SHEERLUXE

METRO

GET THE GLOSS
EXPERT HEALTH AND BEAUTY

planet
mindful

PSYCHOLOGIES

omyoga
& lifestyle

PACKAGES & FEES

1 HR REIKI SOUND BATH AT YOUR WORKSPACE

(Staff bring their
own yoga mats
and blankets)

£150

1 HR REIKI SOUND BATH @STUDIO

(Up to 16 people. Mats,
blankets and refreshments
provided)

£300

BESPOKE PACKAGE

I can create a package for
your needs. Add a yoga
class, meditation workshop,
Ayurveda workshop, ½ day
or full day.

P.O.A

