

# Corporate Team Building And Self Care Days

## Sound Therapy, Gong and Sound Bath's



Would you like to feel less stressed and become more focused?

Come join us for a unique and therapeutic sound experience, with proven, positive mental and physical benefits.

Participants lie or sit down comfortably while a trained practitioner plays gongs and other complementary instruments. The vibrations and frequencies, create a deeply immersive and meditative experience.

### Cost

£400 for up to 20 people  
2 hours

