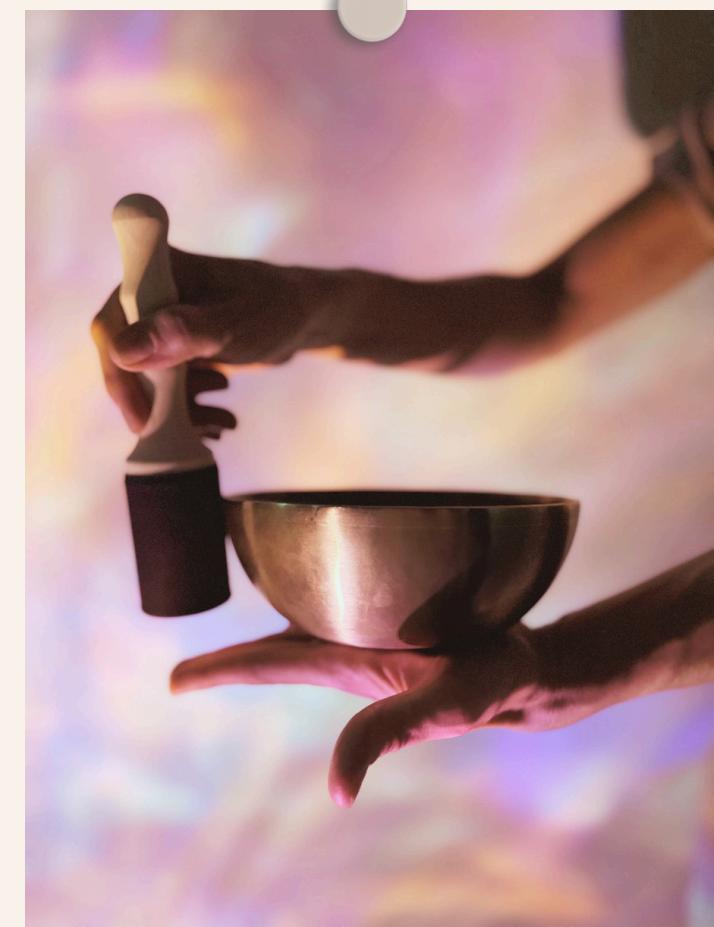
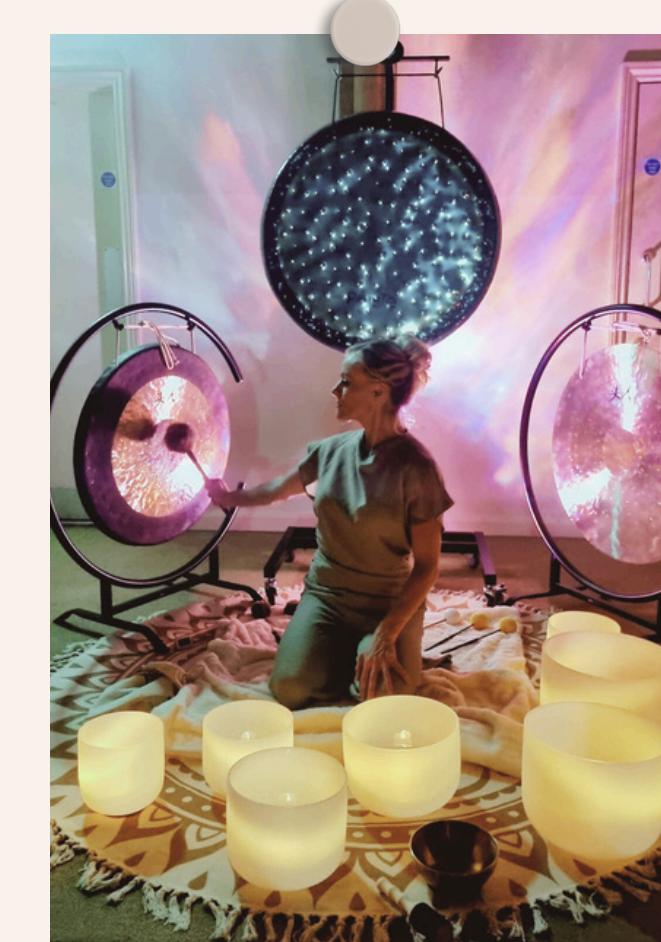
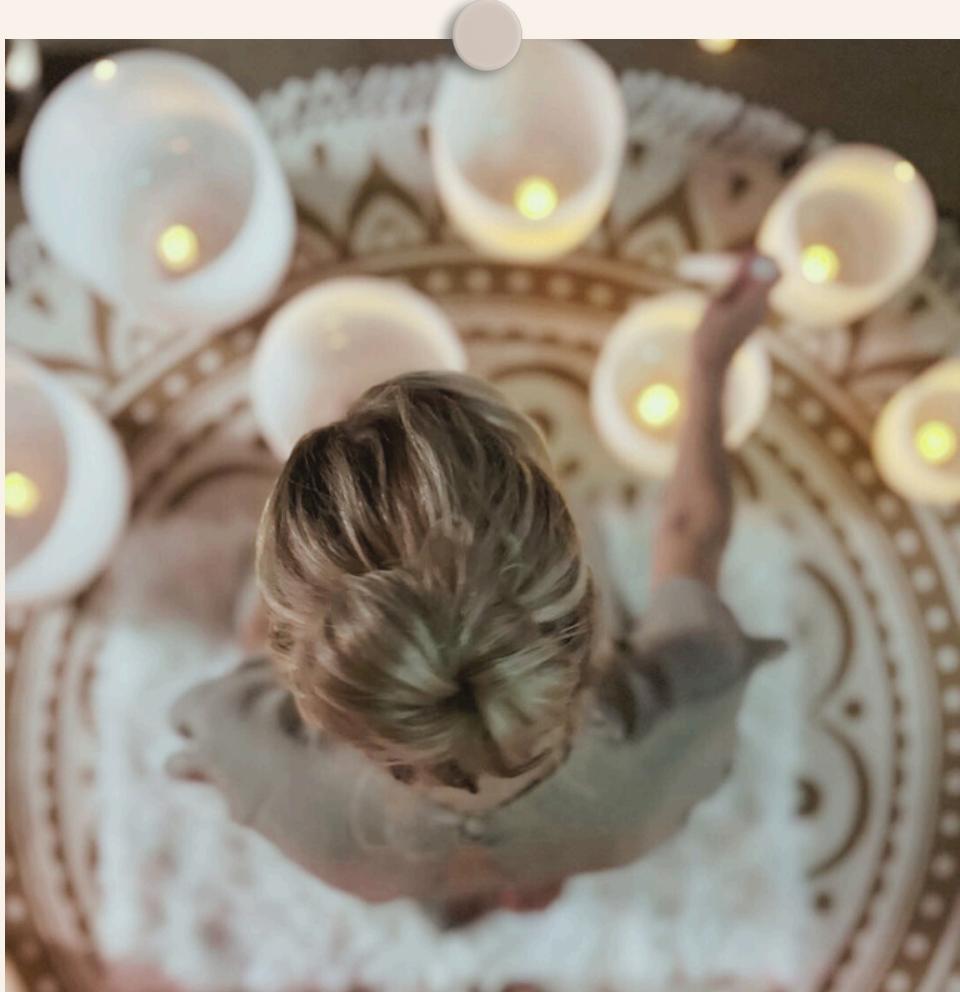


SLO | YIN
WELLNESS EXPERIENCE



DISCOVER SLO | YIN



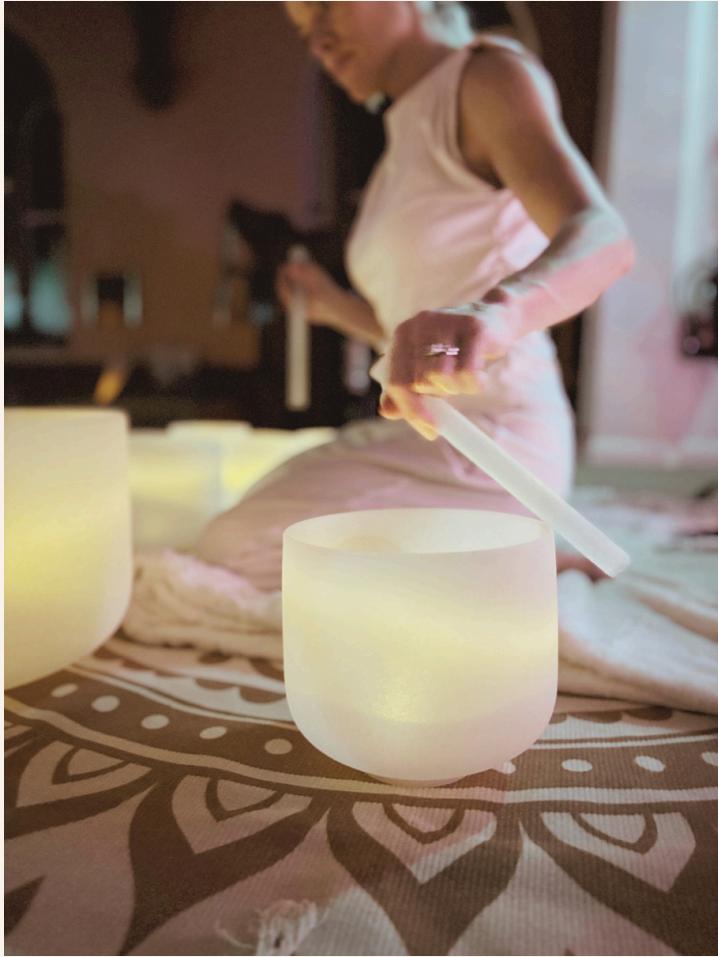


SLO | YIN

The Art of Slowing Down

SLO | YIN was born from a simple but powerful idea, that in a world defined by technology and speed, we need spaces designed for stillness and connection. Rooted in the yin–yang philosophy of balance, SLO | YIN invites you to slow down, soften and reconnect with our natural rhythm. Each immersive experience blends sound, stillness and subtle sensory detail, helping you find harmony in a world that moves too fast.

FOUNDATIONS OF SLO | YIN



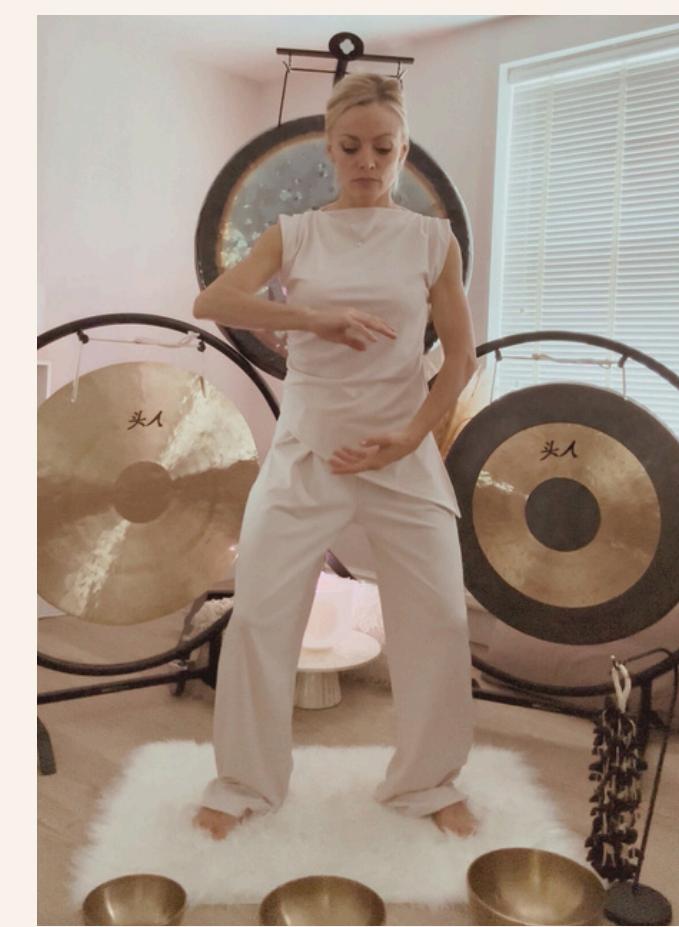
Sound

Therapeutic sound bath journeys including Himalayan bowls, gongs, chimes and floating meditation experiences that guide the mind into deep rest.



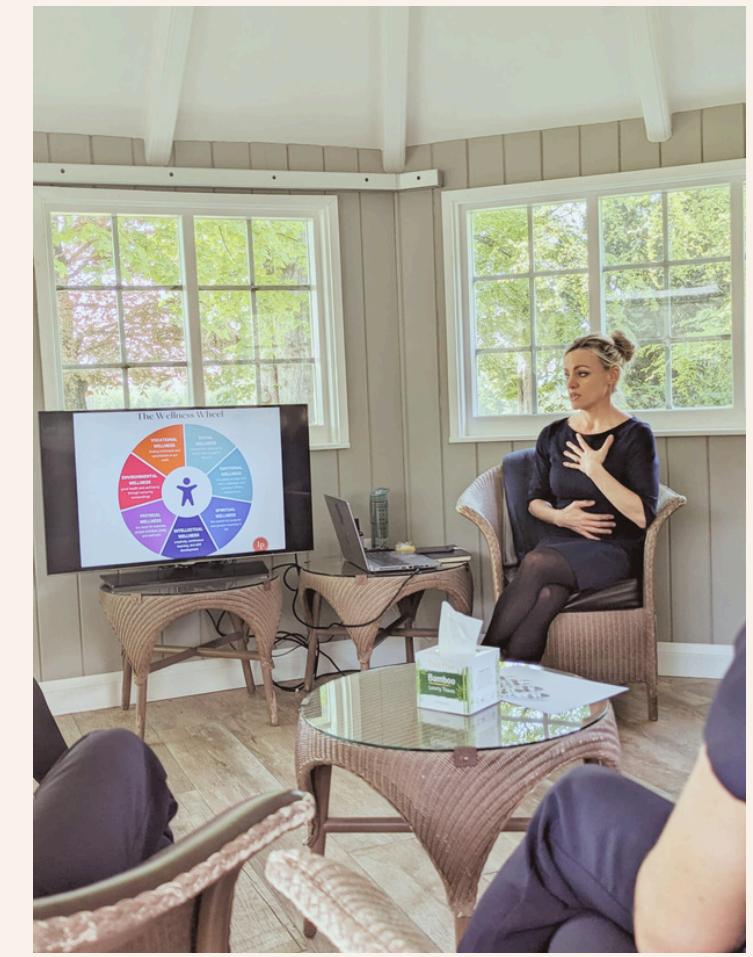
Mind

Evidence-based practices, from breathwork to guided visualisation, grounded in health psychology and designed to calm and reset the nervous system.



Body

Accessible, gentle and effective movement sessions including various practices such as yoga, qigong and mindful flow to harmonise breath, body and energy.



Balance

Engaging workshops covering stress management, skincare rituals, emotional wellbeing and lifestyle practices, tools and strategies to sustain equilibrium beyond the session.

SLO | YIN GUEST PROFILE

Corporate Groups

Tailored sessions to support employee wellbeing, resilience, creativity and focus, ideal for leadership retreats, incentives, conferences or corporate away-days at Lucknam Park.

Events & Launches

Unique experiential wellbeing moments that elevate product launches, brand events and celebrations, offering guests a memorable, mindful focal point.

Leisure Guests & Members

Restorative, sensory-rich experiences that enhance guest stays and membership offering, from floating meditation to sound healing, perfect for individuals, couples and groups seeking tranquillity.

Staff Wellbeing

Workshops, meditation and stress-management tools designed specifically for hotel teams, drawing on my experience working and leading staff wellbeing programmes at hotels and colleges.



SLO | YIN WELLNESS MENU

Sound Baths & Floating Meditation

Immersive sound sessions using therapeutic instruments to promote relaxation, clarity and emotional release. Floating meditation adds a sensory, cocooning dimension ideal for deep restorative work.

Yoga, Qigong & Mindful Movement

Gentle, accessible movement classes suitable for all levels. Sessions encourage mobility, balance, breath awareness and a calm mind, perfect for guests and corporate groups.

Guided Meditation & Forest Bathing

Nature-led mindfulness experiences drawing on the beauty of natural surroundings. These sessions cultivate connection to the environment, reduce stress and support emotional wellbeing.

Coaching & Wellness Workshops

Bespoke workshops ranging from Gua Sha skincare ritual masterclasses to stress-management coaching and personal wellbeing guidance. Ideal for retreat days, corporate groups and staff wellbeing.



JESSICA SLOYAN

FOUNDER & FACILITATOR

Jessica is the founder of SLO | YIN and a wellness expert with over 25 years' experience in world-class luxury hospitality. Her career spans leading five-star spas across the globe, where she has specialised in curating restorative, sensorial wellbeing experiences rooted in both Eastern practices and evidence-based psychology.

A former Spa Director, Jessica brings deep, first-hand understanding of the industry, its purpose and its people. She continues to work closely with the luxury hospitality sector as an international consultant for a renowned skincare and spa consultancy brand, auditing global accounts, elevating guest journeys and refining treatment and wellness standards through training, development and mystery shopping.

Jessica serves as a Board Member of the UK Spa Association, contributing to national standards and innovation within the UK wellness industry. In 2023, she was recognised as Wellbeing Champion of the Year by Boutique Hotelier, an award celebrating her commitment to advancing wellness within her team and wider departments. She has been a guest speaker at the World Spa & Wellness Conference at ExCel London, and a two-time finalist for the Spa Leader of the Year Awards.

Her qualifications include sound therapy, mindfulness and meditation, yoga, qigong and hypnotherapy, alongside an MSc in Health Psychology. This multidisciplinary foundation enables her to craft deeply therapeutic sessions that support both guest wellbeing and staff resilience, blending science, sensory experience and compassionate facilitation.



PRICING

Experience	Rate	Details
Floating Meditation or Sound Bath	£350	60-minute session, all equipment and lighting included
Half Day Wellness Retreat	£350	3.5 hours of bespoke workshops, classes and activities. Option to add a Sound Bath or Floating Meditation - £100
Full Day Wellness Retreat	£650	Up to 7 hours, including lunch hosting plus a Sound Bath or Floating Meditation
One-to-one Sessions	£100	60-minute sound therapy, yoga, qigong, mindful movement or coaching
Wellness Workshops, Classes and Sessions	£150	60-minute classes, workshops, including staff wellbeing - up to 10 people per session



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SLO | YIN

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