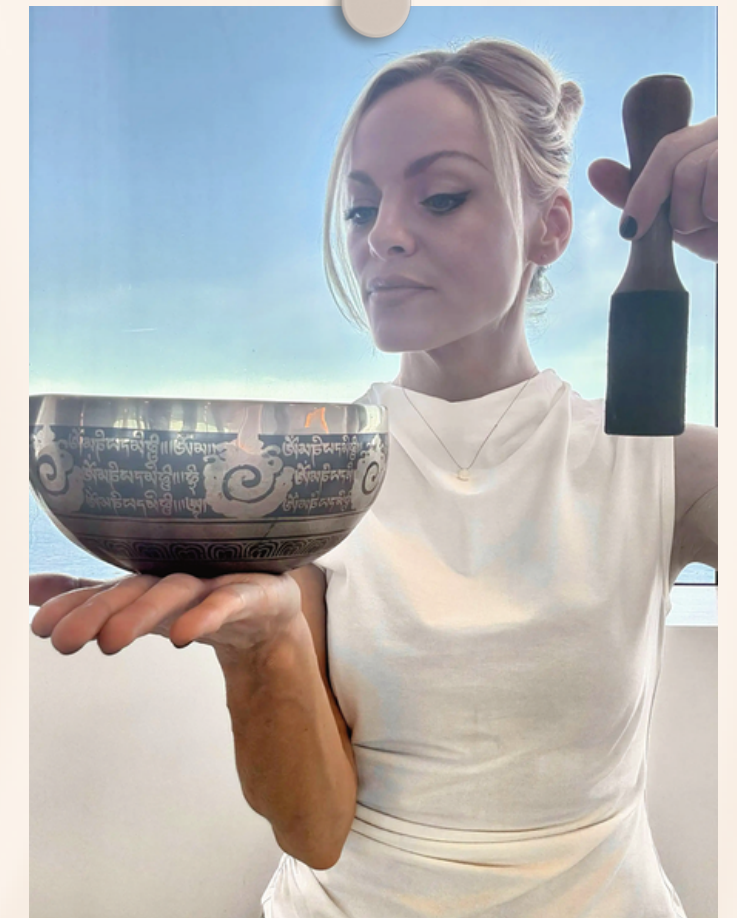


SLO | YIN
WELLNESS



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 your 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 and effective movement sessions including various practices such as yoga, qigong, mindful flow and ecstatic movement 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.

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 retreats and 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 Jessica's experience working and leading staff wellbeing programmes at hotels and colleges.



CLIENTS & COLLABORATIONS



THE RITZ-CARLTON SPA



The
UK Spa
Association



CALCOT SPA



AQUA SANA
FOREST SPA

THE
LUXURY
COLLECTION®

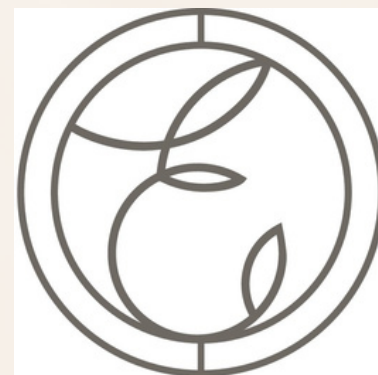
Pines

RESORT IBIZA

SCENIC°



MADE FOR LIFE
FOUNDATION



ESPA

THG



WOMAD
THE WORLD'S FESTIVAL

SLO | YIN WELLNESS MENU

Signature Sound Bath & Floating Sound Bath - SLO-YIN Weightless

Immersive sound sessions using therapeutic instruments to promote relaxation, clarity and emotional release. Resting on a mattress above the water, a floating sound bath gently cocoons the body in buoyancy and sound.

Yin Yoga, SLO-YIN Flow Qigong & SLO-YANG Conscious Movement (with Live DJ Set)

Accessible sessions suitable for all levels. Sessions encourage stretching, mobility, balance, breath awareness, self-expression and a calm mind.

Mindfulness, 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 Wellness and UKASTA – the UK Academy of Sound & Therapeutic Arts, with over 25 years' experience in luxury hospitality, spa operations and wellbeing. Her career spans leading five-star spas, where she specialised in designing restorative, sensorial wellbeing experiences that support both guest and employee wellbeing.

Beginning her career as a personal trainer and therapist, Jessica progressed through every level of the spa and wellness industry. This journey gives her a deep, first-hand understanding of the guest experience at every touchpoint. She continues to work internationally as a spa and wellness consultant for a leading luxury skincare and spa brand, auditing global spa operations, elevating guest journeys and refining treatment and wellness standards through training, development and quality assurance.

Alongside her consultancy work, Jessica founded UKASTA to raise professional standards in sound therapy, mindfulness and therapeutic arts education through accredited, evidence-informed training. She also serves as a Board Member of the UK Spa Association, contributing to national standards, education and innovation across the UK wellness industry.

Jessica has delivered wellbeing experiences for leading hospitality brands and organisations including ESPA, Center Parcs, Ritz-Carlton, Seven Pines Ibiza, WOMAD Festival, Scenic Luxury Cruises, and numerous luxury hotels, spas and corporate organisations. Her work ranges from immersive sound experiences and mindful movement to leadership wellbeing and retreat facilitation.

In 2023, Jessica was recognised as Wellbeing Champion of the Year by Boutique Hotelier for her commitment to advancing wellbeing within hospitality. She has spoken at the World Spa & Wellness Conference at ExCeL London, is a two-time finalist for the Spa Leader of the Year Awards, and now serves as an official judge for the awards, recognising her leadership and expertise within the international spa industry.

Her qualifications include an MSc in Health Psychology alongside certifications in sound therapy, mindfulness and meditation teaching, yoga, qigong and hypnotherapy. This multidisciplinary foundation enables her to blend scientific understanding with therapeutic practice, creating experiences that regulate the nervous system, inspire meaningful connection and support lasting wellbeing.



EXPERIENCE INVESTMENT

Experience	Investment from	Details
SIGNATURE SOUND BATH, SLO-YIN WEIGHTLESS OR SLO-YANG	£350	Minimum 60-minute session
Half Day Wellness Retreat	£450	Workhops, sessions and sound bath experiences
Full Day Wellness Retreat	£750	Up to 7 hours, including lunch hosting and a sound bath
One-to-one Sessions	£100pp	60-minute sound therapy, yoga, qigong, mindfulness or hypnotherapy
Wellness Workshops, Classes and Sessions	£150	60-minute group classes, workshops, including staff wellbeing - rate based on 10 people per session - excludes sound bath experiences

*Travel expenses are charged separately from Bath, UK.
Accommodation may be required for early starts or multi-day events. Bespoke proposals are available on request.*



CONTACT DETAILS

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