

Workplace Wellbeing

Sound Therapy Sessions for High Pressure Teams



@maryelizabethwellness
www.maryelizabeth.co.uk



Virtual Reset

From £200

45-min live virtual meditation + sound bath session over Zoom. Ideal for remote or hybrid teams. *Up to 30 attendees.*

In-Office Session - Standard

From £400

60-min in-person meditation + sound bath at your workplace. Participants **bring their own** yoga mat / blanket / cushion. Perfect for lunch break or after work reset to reduce stress + calm the nervous system. *Up to 30 attendees.*



In-Office Session - Premium

From £600

Everything in Standard. Full equipment provided. Including up to 25 yoga mats, blankets, and cushions. Zero effort for the office. *Up to 30 attendees.*

What Clients Say

"The virtual sound bath was a new concept for our company and a lot of our employees' first time. I've been overwhelmed with the positive feedback from various ages, so many fell asleep and felt recharged afterwards. I couldn't recommend the virtual corporate session more, it was an absolute delight for all those that attended!"

- Lucy, Corestream GRC



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