

The 45-Minute In-Person Midday Reset

A space to pause.
A moment to breathe.
Time to simply receive.

A live acoustic sound bath and guided presence session, brought directly into your office or boardroom.

Created to offer employees a restorative pause in the working day, with space for rest, stillness and recovery.

A reset for demanding working days

High cognitive strain, back-to-back meetings and continuous screen time can leave employees in a sustained state of stress.

In the midst of busy working lives, there is immense value in creating space to stop.

Space away from the screens, the meetings, the emails and the constant movement of the mind.

the 45 Minute Midday Reset Sound Bath sessions offer employees an opportunity to step out of the pace of the working day and into a space of deep rest, stillness and restoration.

A considered pause.

No prior experience or physical effort is required. Employees simply arrive, get comfortable and receive.





Inner Sanctuary

THE EXPERIENCE

Instant Stress Mitigation

An invitation to move out of cognitive strain and into deep physiological relaxation.

Restored Mental Clarity

Space to clear brain fog and restore focus for afternoon tasks.

Non-Demanding Wellbeing

Accessible support with no physical exertion or awkward social participation.

On-Site Convenience

Fully facilitated in your office, with no need for employees to travel offsite.

THE SOUNDSCAPE

Guided Meditation

Resonant Sound Frequencies

Crystal Alchemy Bowls

Gentle Somatic and Breath Work

Simple, fully facilitated and on site

SPACE REQUIRED

Any quiet meeting room, boardroom or clear and comfortable floor space in your building.

SETUP & TIMING

Arrival 60 minutes before the session, 45 minutes of facilitation, followed by 30 to 60 minutes to pack down. These sessions are intended to run as lunchtime / daytime sessions.

WHAT YOU PROVIDE

The room and floor space, your staff will need to bring yoga mats, blankets and anything else they need to ensure their comfort.

WHAT I PROVIDE

The complete sound setup, Guided Meditation, Crystal Alchemy Bowls and full session facilitation for up to 30 staff.

*For groups of 30 or more please get in touch to discuss options.

Inner Sanctuary

INVESTMENT

A pause worth
making part of the
working day.



Single Sound Bath Session

£350

Flat rate, including travel across Gloucestershire, Wiltshire, Bristol and Bath, room set up and up to three hours on site.

Monthly Wellbeing Series

£1,200

Four sessions booked as a recurring workplace benefit. Save £200.

Ready to create space for your team?

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