

SOUND FLOW YOGA

YOGA SOUNDBATH

SIGNAT^URE
SOUND THERAPIES



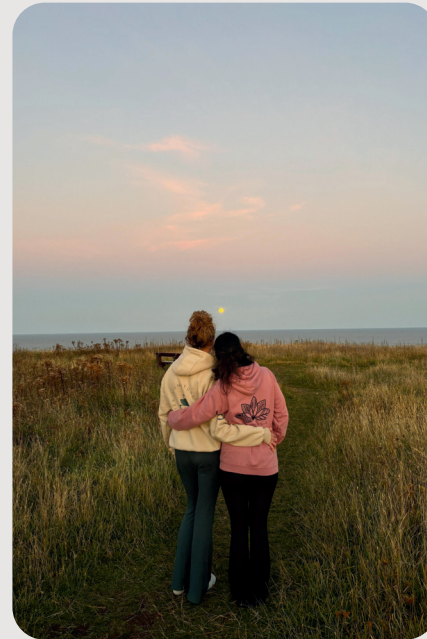
NICOLA BIANCA WELLNESS



CREATE CUSTOMISED WELLNESS EXPERIENCES

At Signature Sound Therapies, we understand the demands of the corporate environment and the importance of well-being in maintaining productivity and morale. That's why we offer unique Yoga Soundbath experiences designed to restore balance and harmony within your team. Our sessions blend gentle yoga movements with therapeutic sound vibrations, creating a serene environment for relaxation and rejuvenation.

Transform your team's wellness practices into a sanctuary of peace. Whether your employees are looking to unwind individually or as a group, our expert facilitators, Nicola and Gemm, will curate an experience that resonates deeply with their personal wellness journeys.



FIND YOUR RHYTHM, EMBRACE THE FLOW



YOGA SOUNDBATH BENEFITS

FLOWING HARMONY

- Holistic Relaxation: Provide your team with a gentle journey that calms the mind and soothes the body, enabling them to release tension and stress effectively.
- Enhanced Mindfulness: Encourage participants to immerse themselves in the present moment as the harmonious blend of yoga and sound promotes deep awareness and connection.
- Restored Energy: Employees will leave feeling revitalised and inspired, ready to embrace their responsibilities with clarity and focus.



FIND YOUR RHYTHM, EMBRACE THE FLOW



WHAT TO EXPECT

UNLOCK THE POWER OF SOUND FOR PERSONAL TRANSFORMATION

- Guided Yoga Practice: Engage in gentle movements that complement the sound therapy, promoting the release of physical tension while fostering emotional and mental calmness.
- Therapeutic Sound Bath: Experience the healing power of sound through instruments like singing bowls, gongs, and chimes, creating a rich tapestry of vibrations that support relaxation.
- Supportive Community: Facilitate connections among colleagues on a shared path of self-discovery and healing, fostering a sense of unity and collaboration.



FIND YOUR RHYTHM, EMBRACE THE FLOW



WHY CHOOSE US?

JOIN US FOR AND EMBARK ON A JOURNEY OF SELF-DISCOVERY AND HEALING THROUGH THE SYNERGY OF YOGA AND SOUND.

- Experienced Facilitators: Led by Nicola and Gemm, our team possesses extensive training in Yoga and Sound Therapy, ensuring a transformative experience tailored for corporate groups.
- Personalised Approach: We work closely with your organisation to tailor each session to meet the specific needs of your team, creating a unique and impactful experience for all participants.
- Proven Benefits: Many participants report feeling more centered, balanced, and rejuvenated after attending our sessions, making it an essential part of their corporate wellness initiatives.

LET'S CONNECT

WEBSITE: WWW.SIGNATURESOUNDTHERAPIES.CO.UK

INSTAGRAM: [@SIGNATURESOUNDTHERAPIES](https://www.instagram.com/signaturesoundtherapies) [@NICOLABIANCAYOGA](https://www.instagram.com/nicolabiancayoga)

CONTACT US: NICOLA: 07470 450 355 & GEMM: 07977 249 272



CHRISTMAS WELLNESS & WELLBEING EXPERIENCE

YOGA SOUNDBATH

SIGNAT^oRE
SOUND THERAPIES



NICOLA BIANCA WELLNESS

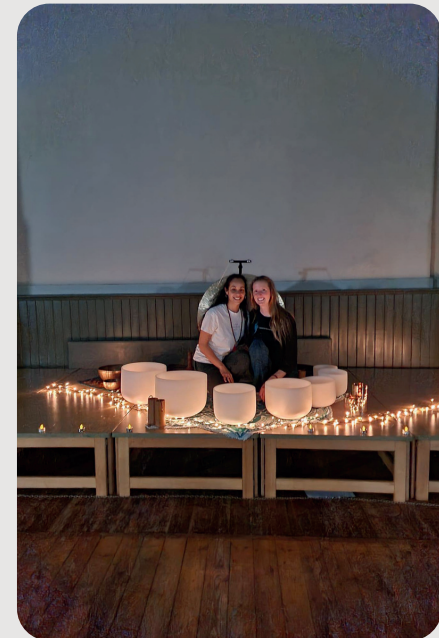
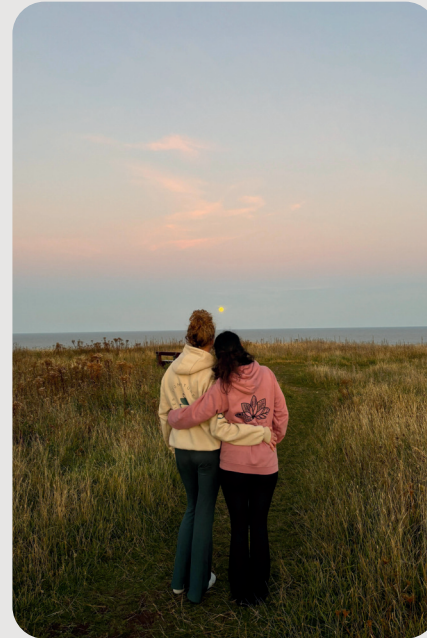


CREATE CUSTOMISED WELLNESS EXPERIENCES

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As the holiday season approaches, many companies look for ways to show appreciation to their teams. This year, why not offer a unique gift that prioritises relaxation, health, and connection rather than the usual hangover?

Nicola and Gemm invite you to a Christmas Wellness & Wellbeing Experience, where your team can unwind, rejuvenate, and celebrate in a meaningful way. We run soothing Yoga Soundbaths that combine gentle movement with healing sounds—a perfect antidote to the stresses of daily life.



FIND YOUR RHYTHM, EMBRACE THE FLOW



CHRISTMAS WELLNESS EXPERIENCE BENEFITS

FLOWING HARMONY

- Holistic Relaxation: Provide your team with a deeply relaxing Yoga Soundbath session that calms the mind and soothes the body, enabling them to release tension and stress effectively.
- Enhanced Mindfulness: Encourage participants to immerse themselves in the present moment as the harmonious blend of yoga and sound promotes deep awareness and connection.
- Restored Energy: Employees will leave feeling revitalised and inspired, ready to embrace their responsibilities with clarity and focus.



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WHAT'S INCLUDED

- Guided Yoga Practice: Engage in gentle movements that complement the sound therapy, promoting the release of physical tension while fostering emotional and mental calmness.
- Wellness Goodie Bag for Each Participant: (optional extra)
 - A homemade essential oil blend to calm the senses.
 - A beautiful journaling crystal to help set intentions for the new year.
 - A refreshing, non-alcoholic beverage to savour during or after the session.
 - A mini wellness journal to reflect on thoughts and emotions, with guided prompts.
 - An affirmation card to carry positive energy into the coming year.
- Therapeutic Sound Bath: Experience the healing power of sound through instruments like singing bowls, gongs, and chimes, creating a rich tapestry of vibrations that support relaxation.
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WE WOULD LOVE TO CHAT ABOUT TAILORING THIS EXPERIENCE TO YOUR COMPANY'S NEEDS.

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- Give your team the gift of wellness this Christmas—a mindful moment that lasts far beyond the holiday season.

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