

# Sound baths for businesses & team building



within the tranquil setting of Ellenborough Park

SOUTHAM ROAD • CHELTENHAM • GLOUCESTERSHIRE • GL52 3NJ

Why not consider a group sound bath as an innovative team building experience, helping employees de-stress and re-energise?

The layers of sounds from the gongs can help the brain to slow down and put us into a meditative state, quieten the chatter, the to-do-lists and shift into the right hand side of the brain.

This can help with problem solving, creativity and increase focus.

The session would last an hour and for people who may not be comfortable lying on a mat, sitting in a chair is possible too.



If you are interested please get in touch with Jo for more details:

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