



# Signature Sound Journeys

RELAX • RECONNECT • REBALANCE



When was the last time your thoughts were clear, responsive and focused?  
Can you even remember what you do for your fun?  
What sparks your joy?

At Sunny Sound Journeys I create a safe space to escape the chaos, slowing down to calmly unwind and leave the busyness of life at the door.

## The Power of Sound

My crystal bowl sound therapy, is a wellness practice using the pure, resonant tones and vibrations of quartz crystal singing bowls to promote deep relaxation, reduce stress, and balance the mind and body.

When the bowls are struck or rubbed with a mallet, they produce clear frequencies that travel through the body to calm the nervous system and shift brainwaves into a deeply meditative state. This non-invasive therapy is commonly used to lower anxiety, improve sleep quality, and enhance overall mental and emotional clarity.

My magical mix of sound bathing, essential oil ritual and a pop of science allow you to tune into you.

## Tune In To You



### Signature Sound Journeys

1 HOUR EXPERIENCE | \$30 PER GUEST  
+ ONLINE BOOKING FEE | VARIOUS LOCATIONS

A journey to calm, reset and rediscover you.

- 🌸 Welcoming
- 🌸 Cleanse the day off with essential oils
- 🌸 Settle into your mat, get comfy
- 🌸 Sound Bath Meditative Journey – predominantly crystal bowls with impromptu instruments matching the theme of the Journey.
- 🌸 Reflection
- 🌸 Departure

#### What to bring:

- Yoga mat
- Pillow
- Light blanket/ wrap
- Water bottle

Rest your mind  
Restore your energy  
Rediscover your joy

### Sound Healing for Team Wellbeing

1 HOUR EXPERIENCE  
\$100 BOOKING FEE + \$25 PER GUEST  
MINIMUM 4 | MAXIMUM 15 GUESTS

N.B. Additional costs of venue may apply if a Boardroom or similar is not available.

In today's always-connected workplace, stress, digital overload and difficulty switching off can impact focus, energy and team wellbeing. A corporate sound bath with Sunny Sound Journeys offers a simple, restorative way to help employees pause, reset and reconnect.

Using the resonant tones of crystal and Tibetan singing bowls, sound healing creates an immersive experience designed to support deep relaxation, nervous system regulation, mental clarity and stress reduction. Research into singing bowl meditation has found measurable effects associated with relaxation and changes in physiological and psychological stress responses.

For organisations, investing in employee wellbeing means creating space for people to recharge, refocus and return to work feeling calmer and more present.

Give your team permission to disconnect, breathe and reset.

Invest in your team's wellbeing with Sunny Sound Journeys.



#### A Team Wellbeing Flow:

- Welcoming
- Cleanse the day off with essential oils
- Settle into your mat, get comfy
- Sound Bath Meditative Journey
- Reflection
- Departure

#### What to bring:

- Yoga mat
- Pillow
- Light blanket/ wrap
- Water bottle



### Birthday Sound Soirée

A FULL SENSORY AND UNIQUE PAMPERING EXPERIENCE

Birthdays are the celebration of life of our nearest and dearest. Our Birthday Sound Soirées are designed to pamper the guests in the comfort of their own home. Ideal for those that travelling out of the house can be tricky due to nerves or mobility. In addition to our Signature Sound Journeys, Birthday Sound Soirées include the following:

2 HOUR EXPERIENCE  
\$100 BOOKING FEE + \$25 PER GUEST  
MAXIMUM OF 8 GUESTS



#### Birthday Sound Soirée Flow:

- Welcoming
- Essential oil birthday gratitude blessing
- Settle into your mat or lounge, get comfy
- Sound Bath Meditative Journey
- Toasting & gift ceremony for the birthday king/ queen
- Party on with host or Farewells.

#### What to bring:

- Yoga mat
- Pillow
- Light blanket/ wrap
- Water bottle



### Gift Vouchers

For that special someone who gives to everyone else but not often themselves. This allows them to take the opportunity to peacefully reset, feeling lighter and joyous.

- 1 Sound Journey = \$30
- 2 Sound Journeys = \$60
- 3 Sound Journeys = \$90



Sound Balance Joy