

CORPORATE WELLNESS · SOUND MEDITATION · TEAM RESET

# YOUR TEAM RUNS ON STRESS

## Sound helps them reset



**Gabriela Mier y Teran**  
Sound Healing Practitioner  
Yoga & Meditation Teacher  
**Bilingual: English & Spanish**

### ABOUT GABY

Nearly a decade of experience in yoga, meditation, and sound-based practices. Originally trained as a mechanical engineer — bringing a grounded, practical approach to wellness that resonates with corporate environments. Extensive training in sound healing, yoga, and mindfulness. Bilingual in English and Spanish. Based in Oakville, serving the Greater Toronto Area and virtual teams worldwide.

### WHAT IS A CORPORATE SOUND MEDITATION?

A guided, immersive listening experience using singing bowls and other instruments. Participants sit or lie down comfortably while live sound is played. The vibrations act as a neutral anchor for attention, helping the mind disengage from habitual stress patterns and the nervous system shift toward a calmer, more regulated state.

### CURRENTLY OFFERING

1

#### SINGLE IN-PERSON SESSION

60min on-site session. Best for: Wellness Days, Mental Health Week, offsites.

2

#### MONTHLY PACKAGES

30-45min virtual sessions via Zoom. Best for: Ongoing wellness programs, remote teams, distributed offices.

3

#### PRIVATE 1:1 SESSIONS

60min personalized experience, designed to meet the goals and needs of the participants.

**AVAILABLE IN ENGLISH, SPANISH,  
OR BILINGUAL**