

GUIDED SOUND MEDITATION

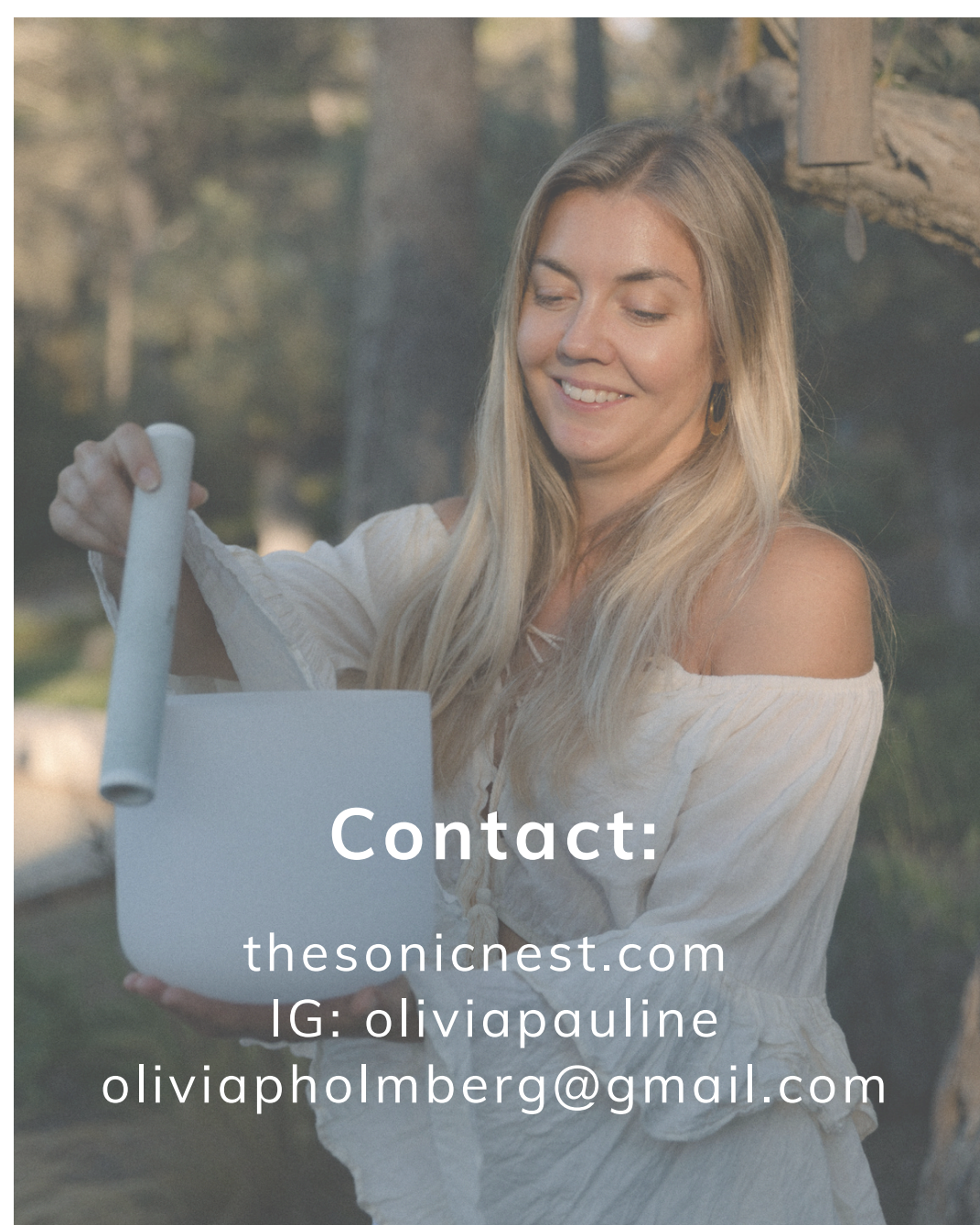
by Olivia Holmberg

Deep rest and reset at the office

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What to expect?

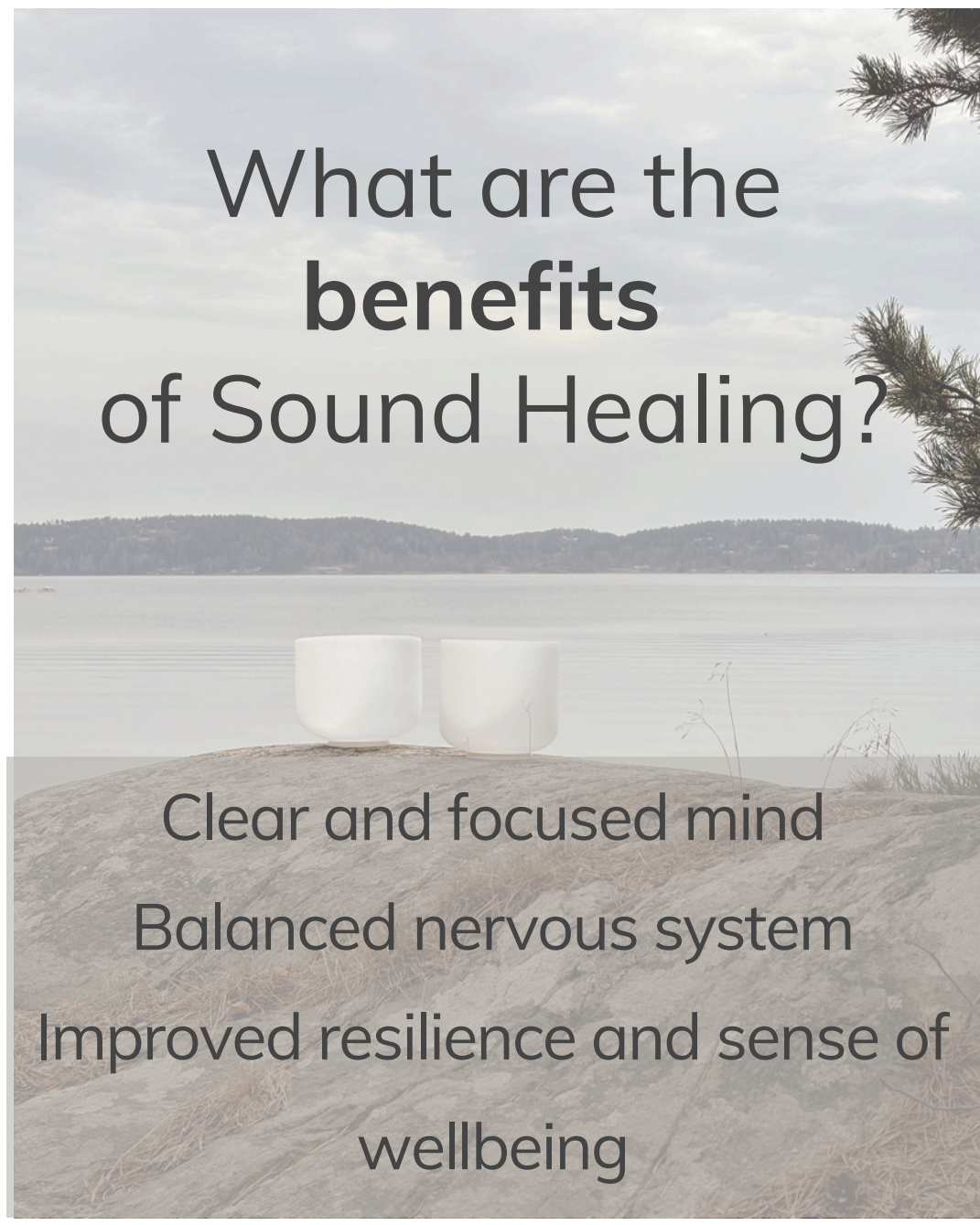
30-60 min guided sound
meditation

A moment of deep relaxation
and nervous system reset

Sound of tibetan singing bowls
and nature recordings

Calming breathing techniques

No prior knowledge needed



What are the **benefits** of Sound Healing?

Clear and focused mind

Balanced nervous system

Improved resilience and sense of
wellbeing

Who is Olivia Holmberg?

I am a certified sound healing facilitator offering guided sound meditations for businesses, events and yoga studios in Stockholm.

With a background working in finance & fintech, I know the importance of recovery to achieve sustainable performance.

By bringing sound meditation to the office, my goal is to make wellbeing more accessible and to have a positive impact

PREVIOUS BOOKINGS

***AWS, TikTok Nordics, OpenAI, Atollo, Bro Hof Golf Club,
Marshall, Soho House Sthlm, YourMind Festival,
YogaMana, NEST Innterhealth, StudioFreeFlow***

TESTIMONIALS

"Wonderful! Really calmed down the nerves" - Bro Hof Golf Club

"Incredible, I feel so calm and peaceful" - YogaMana

"Wonderful, thank you for a great experience!" - Marshall

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MEDITATION AT
'WOMEN TOK
SUMMIT'
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