

RECHARGE RECENTER REALIGN



INTEGRATE WELLNESS
THROUGH SOUND IN YOUR
WORKPLACE

About Me



I am Juliet, a sound practitioner and music therapist.

I create immersive sound experiences that support deep release, nervous system regulation, and inner alignment.

Sessions weave vibrational instruments (Tibetan bowls, chimes, ocean drum), voice work, and conscious breathing to help the body and mind soften and reset.

Formats include group and one-to-one sessions designed for companies seeking practical, effective wellness solutions.

The Benefits of Sound Therapy



Sound therapy draws on audible and felt vibrations to support the body and mind in beneficial ways. Through instruments such as singing bowls, chimes, ocean drum, and tuning forks, the experience offers frequencies that may support:

- Settling the nervous system (soothing)
- Easing breathing and muscular tension (release)
- Sharpening focus and mental energy (clarity)

The atmosphere invites natural calm—an opportunity to receive, to listen, and to feel, at one's own pace.

Why Offer Sound Therapy at Work?

- Cut chronic stress and ease physical tension.
- Boost productivity with better focus and mental clarity.
- Help prevent burnout and musculoskeletal strain.
- Elevate overall wellbeing and strengthen team cohesion.

A simple, gentle, nonverbal approach that delivers results—ideal for Quality of Work Life days, seminars, or a weekly/monthly on-site routine.

*What a Session Looks Like (45–75 min)**

- Arrival and centering (guided breathing and grounding)
- Immersive sound with therapeutic instruments (bowls, chimes, ocean drum)
- Quiet integration (intentional silence)
- Gentle return to the body (light stretching, breath)
- Optional sharing or quiet time, based on context



**Adapted with care to your team's needs*

Formats

Workshop type	Duration	Participants	Location
Group sound bath	1h	5 à 20	Meeting room
"Sensory Recharge" workshop	45 min à 1h	4 à 10	Lunch break or end of day in a meeting room
Individual session	1h	1	Booth, zen room, dedicated office

Indicative Pricing (excluding travel)

Format	Price
Corporate group workshop (1h)	160 €
Pack of 4 monthly workshops	580 €
Individual session (spa / practice)	70 €



Personalized quotes are provided based on frequency, location, and group size.

CONTACT & BOOKING

JULIET HIVES

SOUND PRACTITIONER — CREATOR OF IMMERSIVE SOUND EXPERIENCES

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