



SOUND BATH FREQUENTLY ASKED Questions

What exactly is a sound bath, and how does it work?

A sound bath is a therapeutic experience that uses sound waves to promote relaxation and mental clarity. During a sound bath, participants listen to harmonic sounds created by instruments like singing bowls, ocean drums, and chimes. These sounds guide the mind into a meditative state, reducing stress and allowing for a deep sense of calm and focus.

What can employees expect during a session?

Employees will be invited to sit or lie down comfortably in a quiet space. The session begins with guided breathing to help participants relax, followed by soothing sound waves from our instruments. Participants are encouraged to close their eyes, relax, and simply listen. No special skills or prior experience is needed—just an openness to rest and reset.

What are the benefits of sound baths for employees?

Sound baths reduce stress, enhance mental clarity, improve focus, and provide a distinct break from daily pressures. These sessions support work-life balance and boundary-setting, helping employees recharge and return to work with a calm, clear mind.

Do you offer virtual sound bath sessions?

Yes, we offer both in-person and virtual sound bath sessions. Virtual sessions allow employees to join from anywhere, making it convenient for remote and hybrid teams to experience the same relaxing benefits.

How often should our team schedule sound baths?

Many workplaces benefit from monthly or bi-monthly sessions to maintain relaxation and mental clarity. We offer one-time sessions for wellness days, as well as monthly subscriptions for ongoing support.

How can we get started?

Getting started is easy! Fill out the form at the bottom of the Sound Bath website page to book a 10 minute complimentary sound bath experience for your wellness team, or reach out to us directly for more information on package options and scheduling.