



## WHEN IS YOUR NEXT:

- ▶ Professional Development
- ▶ Faculty Development
- ▶ Welcome Week
- ▶ Annual Meeting
- ▶ Annual Retreat

**Sound Bath / Sound Meditation** is an excellent way to bring people together. The shared experience of deep relaxation offers the ideal catalyst for opening conversation, kick-starting creativity, and making a fresh start.

[www.simonejenifer.org](http://www.simonejenifer.org)





# YOUR RETREAT YOUR LOCATION YOUR AGENDA

Whether you're on-campus or off-site, we can bring the sound bath experience to you; either seated around a table, relaxing in comfortable chairs, or fully reclined on yoga mats on the floor.

We provide a brief introduction to the sound bath practice, and the tools employed in each session, as well as a primer on the efficacy of sound meditation on stress, anxiety, and depression (as documented by the National Institutes of Health). This is not a lecture, but a brief introduction is followed by a full hour-long immersive sound experience for you and your entire team.

Participants' eyes are covered. This limits external stimuli each person experiences for the duration of the session. Whether you choose us as your keynote presenter—offering an introduction to everyday mindful practices—or opt for a deeply relaxing sound bath as a gift to your team, we are available.

The choice is yours:

1. Workshop: Everyday Mindfulness (3 Hour)  
An introduction to mindful practices + sound bath
2. Workshop: Singing Bowl Training + Sound Bath  
Training on using singing bowl for meditation + sound bath
3. Sound Bath: Sound Bath Session  
An hour-long sound bath for your entire team

Where does mindful professional development fit in your agenda?

# PRICING PACKAGES

If your event takes place in a location where reclining on the floor is possible, participants are encouraged to bring a yoga mat and dress comfortably for their sound bath experience.

**\$200**

## SOUND BATH / SOUND MEDITATION

This hour long session is ideal for groups of 4 - 50 participants. It begins with an introduction to sound bath meditation, followed by a revitalizing sound bath. We provide eye masks, you provide the location.

**\$55/ participant**

## SOUND BATH WITH SINGING BOWL TRAINING

This session is ideal for individuals and groups, up to 15 participants. The session begins with a brief introduction, followed by an hour-long sound bath. The meditation is followed by individual instruction of playing the Tibetan Singing bowl to enhance one's own mindful meditation practice. We provide eye masks, and the singing bowls for participants to keep.

*\*50% non-refundable deposit is required*

**\$35**

## INDIVIDUAL SOUND BATH

This session is tailored for each individual, in a location of their choice. It opens with an introduction to the sound bath process, followed by an hour-long sound bath. Eye mask, mat, and blanket are provided.  
*special pricing is available for recurring sessions*

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Student Events  
& Activities Boards, SGA,  
Student Clubs & Organizations

*50% discounted rate for  
student-led organizations*

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Ready to Make Mindfulness  
Part of Your Next Retreat?

**Get In Touch:**

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## ▶ ▶ MEET YOUR SOUND BATH FACILITATOR

### SIMONE JENIFER

I became interested in Tibetan singing bowls over two decades ago, when I studied various percussive and spinning techniques. The practice was a relaxing one for me, and I reveled in teaching others to play bowls to enhance their own meditative practice.

In recent years I began to study the mindfulness practices of family who live in the West Indies. Theirs is less a structured practice, more a way of being; walking softly through life, breathing deeply, following the flow of nature and the seasons. The meditative music that exists in this part of the world brings both percussive and crisp tones; think of the sounds of steel pan music or the wind chimes that are ubiquitous across the breezy island landscapes. The lifestyle is a mindful one.

I bring all these elements together to enhance my sound bath practice: hand-hammered Tibetan singing bowls, crystal singing bowls, stone and metal chimes, shruti box, and other handheld percussion.

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Began playing singing bowls and teaching singing bowl technique over 20 years ago.

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Mindfulness practitioner and facilitator.

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Professional career spent in both non-profit and higher education sectors.

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Nearly a decade of experience in training, faculty development, and professional development.