

INTRODUCTION & PRICING GUIDE

We bring sound bath / sound meditation to your next team retreat or professional development session



www.simonejenifer.org + 410. 205. 6265 [graphics\(@\)simonejenifer.org](mailto:graphics(@)simonejenifer.org) Maryland & DC

Sound Bath
Sound Meditation
for Education & Non-Profit Groups

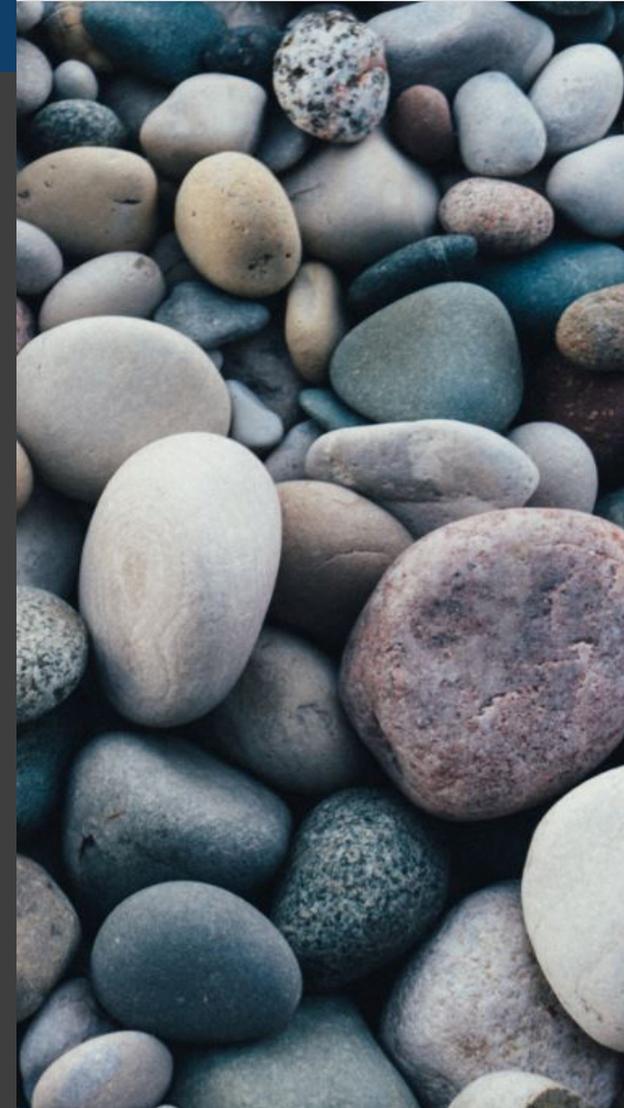


WHEN'S YOUR NEXT:

- ▶ Annual Retreat
- ▶ Professional Development
- ▶ Faculty Development

These team activities offer a chance to step away from your regular day-to-day grind and focus on the bigger picture, far removed from normal distractions.

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





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 as a group or fully reclined on yoga mats.

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*). Rest assured, this is not a lecture. The 10-15 minute setup is followed by a full hour long immersive sound experience for your entire team.

Participants' eyes are covered. This limits external stimuli each person experiences for the duration of the session.

Ideally, sound bath sessions take place at the start of your team retreat, or before a planning session commences. Many clients prefer to open a retreat with mindfulness, before keynote speakers have presented. However, the timeline is up to you.

Where does a sound bath fit into your agenda?

PRICING PACKAGES

If your retreat 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, blankets will be provided.

\$250

SOUND BATH / SOUND MEDITATION

Full one hour sound revitalizing bath session for groups of up to 20 participants. We provide the eye masks and blankets for your comfort.

\$250

SOUND BATH WITH GUIDED VISUALIZATION

Full one hour session for groups of up to 20 participants, which begins with a guided visualization and breath work exercise, followed by a revitalizing sound bath. We provide the eye masks and blankets for your comfort.

\$35/ participant

SOUND BATH WITH SINGING BOWL TRAINING

Full one hour sound bath session for up to 20 participants, includes singing bowl instruction. We provide the eye masks, blankets and bronze or copper singing bowls for your team to keep.

Ready to Make Mindfulness
Part of Your Next Retreat?

Get In Touch:

WEB: www.simonejenifer.org

EMAIL: [graphics\(@\)simonejenifer.org](mailto:graphics(@)simonejenifer.org)

PHONE: 410. 205. 6265



▶ ▶ 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, and 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 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 brass singing bowls (Tibet), Shruti box drone (India), Zills or finger cymbals (North Africa), and wind chimes (Antigua and North America), and other handheld percussion.



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



Mindfulness practitioner and facilitator.



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



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