



SOUND HEALING & YOGA

SOUND HEALING

\$500 • 1 Hour

Sound healing uses crystal singing bowls, chimes, and other therapeutic instruments to create vibrations that promote deep relaxation, meditation and mental clarity. The combination of soothing sounds and guided meditation helps reduce stress, improve focus, and restore balance—making it an effective practice for enhancing overall well-being in a conference setting. Sessions with over 15 participants require a microphone at an additional cost.



YOGA

Yoga is a practice that combines movement, breath, and mindfulness to improve physical and mental well-being. It enhances flexibility, strength, and focus while promoting relaxation and stress relief. Sessions with over 15 participants require a microphone at an additional cost.

Vinyasa Flow

\$300 • 1 Hour

A dynamic, breath-linked practice that builds energy, improves circulation, and strengthens the body. Ideal for invigorating the mind and body before or between conference sessions.

Yin Yoga

\$300 • 1 Hour

A slow, meditative practice that targets deep connective tissues, helping to release tension, increase flexibility, and encourage stillness. Perfect for unwinding at the end of a busy day.

Yin Yoga & Sound

\$300 • 1 Hour

This practice combines the deep, meditative stretches of Yin Yoga with the calming vibrations of sound healing. As you hold each posture, crystal singing bowls and other therapeutic sounds help guide the body and mind into deeper relaxation.

Yoga & DJ

\$400 • 1 Hour

Transform your yoga session into an unforgettable experience. This class blends movement with live DJ music, creating an immersive, rhythmic flow that encourages connection, creativity, and a unique sense of presence.

For groups of 5-20 participants, the sound healing session will incorporate acoustic instruments. For groups of 20+, a combination of frequency music played through provided speakers and acoustic instruments will be used.