

Rest. Regulate. Reset.

Live sound journeys for teams, built around voice, crystal bowls, gong and chimes. Serving Boulder and Denver.



A real pause in the workday

Your team sets the workday down and settles into deep rest, guided by live voice, crystal singing bowls, gong, chimes and shruti box. People return clearer, lighter and more connected.

- Stress relief
- Focus and morale
- Nervous system reset
- A shared moment of stillness

The difference is the voice

Most sound healing centers on bowls. As a classically trained singer, I weave live vocals through every session. It's felt as much as it's heard.

Formats & investment

Midday Reset · 30 minutes

A short reset between meetings, for lunch breaks and conferences.

Full Sound Journey · 60 minutes

The complete experience, for wellness days, offsites and gatherings.

Group size	30 min	60 min
Up to 25	\$350	\$550
26–50	\$450	\$700
51–100	\$600	\$950
100+	Custom, from \$1,200	

Seated by default; lying down when the venue provides mats.

I COME TO YOU

Office, conference room or event space, with my full sound setup or your venue's system.

OR COME TO THE FOOTHILLS

A private North Boulder studio hosts team offsites for up to 20 guests.

MAKE IT A RITUAL

Monthly or quarterly programs. Second same-day session 25% off. Travel within 30 min of Boulder included.

