



ENHANCE EMPLOYEE WELL-BEING WITH A SOUND BATH EXPERIENCE

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ABOUT THE FACILITATOR

SOUND AND MUSIC FOR HEALTH AND WELLNESS

In today's fast-paced and demanding work environment, prioritizing employee wellness is more important than ever.

Our sound bath experience is a unique and effective way to support your team's mental and physical well-being, promoting mental clarity, relaxation, stress relief, and renewed energy.





WHAT IS A SOUND BATH EXPERIENCE?

Led by Ana Lucia Divins, a seasoned sound practitioner specializing in therapeutic sound experiences, this one-hour session combines the calming tones of crystal sound bowls, rain sticks, and chimes with Ana Lucia's soothing voice to create a resonant field of sound. This is a deeply relaxing and restorative experience designed to promote balance, clarity, and inner peace. This session combines the transformative power of sound healing with the gentle, energy balancing practices.

➤ PARTICIPANTS WILL

Lie down on a yoga mat or sit comfortably, allowing the gentle vibrations to release tension and bring body, mind, and emotions into alignment.

➤ THE RESULT

A harmonious field of sound that helps participants unwind, recharge, and reconnect with themselves.

➤ AN INNER JOURNEY

A sound bath experience is considered a self-guided individual journey because it invites each participant to connect with their own inner world while being enveloped by sound vibrations.

WHY CHOOSING A SOUND BATH FOR YOUR TEAM?

Investing in your employees' well-being not only boosts morale but also enhances productivity and reduces stress-related challenges in the workplace. Our sound bath experience offers a range of benefits that support both personal and professional well-being, including:



STRESS REDUCTION

Calms the nervous system and lowers stress levels, helping employees feel more balanced and focused.



ENHANCED MENTAL CLARITY

By slowing down brain waves, sound healing allows the mind to enter a restorative state. Encouraging clear thinking, creativity, and problem-solving skills. Contributing to enhanced productivity.



OVERALL WELLNESS

Helps release built-up stress, as well as physical and emotional tension, promoting a positive mindset.



TEAM CONNECTION

Sharing a peaceful and restorative experience fosters a sense of unity and collective well-being.



A THOUGHTFUL INVESTMENT IN YOUR TEAM



Offering a sound bath session as part of your employee wellness program is a thoughtful way to demonstrate your commitment to their well-being. It's an opportunity to create a calming space where your team can pause, reflect, and recharge—leaving them feeling refreshed and motivated.

Looking forward to work together to bring this unique wellness experience to your organization, evaluating how we can tailor the session to meet your team's needs.



TESTIMONIALS



"I am so thankful that, before the year ended, you were able to be with us and connect with our employees. The sound bath you led was an incredibly beautiful and much-needed experience for both our bodies and spirits. I can't express enough how deeply impactful it was."

"I loved how centering and relaxing it was. I'd never done sound bathing before, but the environment was very welcoming and Ana made me feel at ease"

"Thank you again for the group Sound Healing session for our staff. It was an incredibly unique experience one person mentioned that it changed her outlook for the rest of her day. Everyone expressed how they enjoyed the singing bowls and the relaxation your voice brought to us. We realized we need to pause and take more time in the day to pause, breath and relax."

ABOUT THE FACILITATOR: ANA LUCIA DIVINS



A certified Music Practitioner and Holistic Voice Therapist passionate about healing through music. With years of experience in community performances, she has witnessed firsthand the transformative power of sound.

Through her private practice, Azul Healing®, Ana Lucía offers holistic services and therapeutic music in the community and in various healthcare settings, including Atrium Health, Novant Health, Carolina Breast Friends, and Aldersgate Retirement Community. She also supports community initiatives like Renacer with Atrium Health and Levine Cancer Institute.

In 2024, Ana Lucía released her first healing music album, *Emerging*, under her artistic project Divins Music. Blending her passion for music with her dedication to community well-being, she regularly shares this uplifting music in live performances, inspiring healing and connection.





THANK YOU

If you have any questions or would
like further discussion, please feel
free to contact me.

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