



Chime & Flow

CORPORATE SOUND WELLNESS EXPERIENCES

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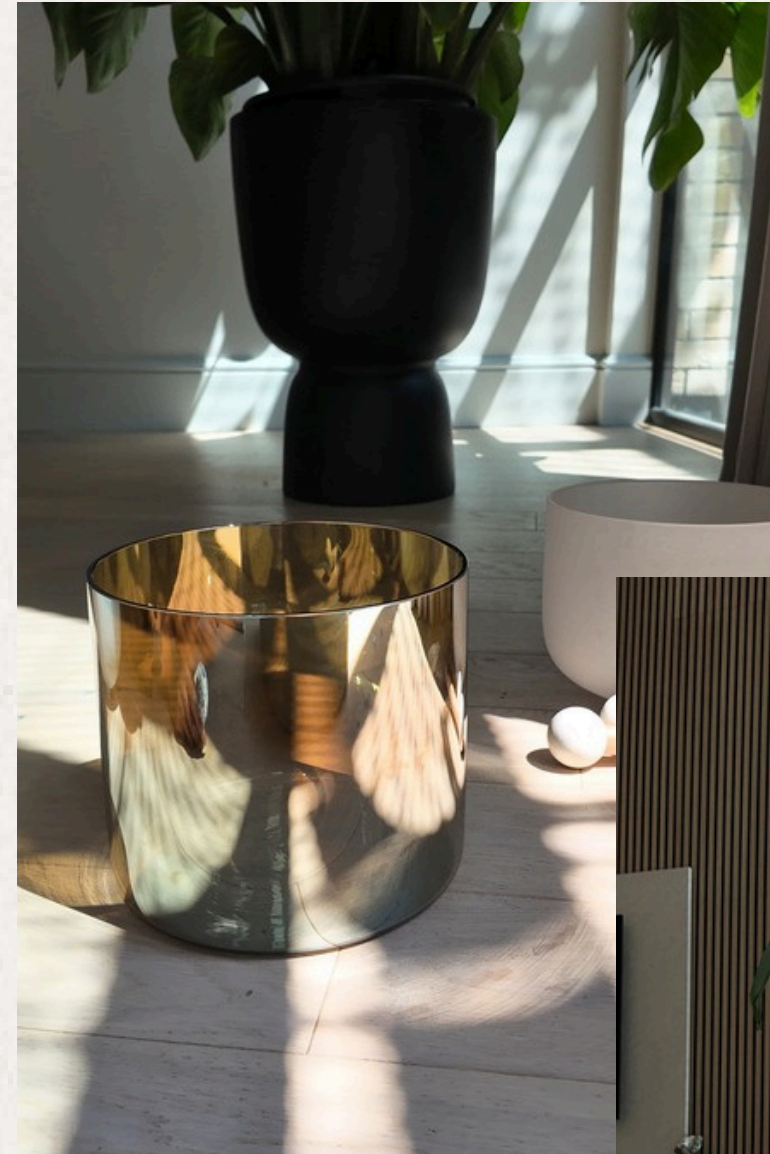


OUR PHILOSOPHY

At Chime & Flow, we believe wellbeing isn't an isolated perk, it's the pulse of a healthy workplace.

Our sound wellness sessions guide teams from tension to stillness, burnout to balance, noise to resonance.

Created by Kayla Herringer, each experience blends evidence-based sound therapy and ancient frequencies to restore clarity, calm and connection in your teams.



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CORPORATE WELLNESS PACKAGES

Up to 25 participants

Consistency creates sustainable wellbeing.

Package	Duration	Frequency	Total	Avg/Session
Single Session	One-off	1 session	£500	£500
Quarterly Reset	3 months	1 / month	£1350	£450
Half-Year Harmony	6 months	1 / month	£2,400	£400



WHAT YOU'RE INVESTING IN

Category	Description	Included
Facilitation & Expertise	60-minute immersive sound healing session	✓
Planning & Preparation	Tailored sound sequence and theme design	✓
Premium Instruments	Himalayan & Crystal Bowls, Gong, Therapeutic Percussion	✓
Comfort & Restorative Setup	Premium mats, blankets, bolsters & eye pillows	✓
Setup & Logistics	Travel (within 10 miles of central London), equipment setup & teardown	✓
Integration Support	Post-session grounding & reflection email	✓
Insurance & Certification	PAT testing, liability cover, BAST-certified practice	✓



IDEAL MOMENTS FOR WORKPLACE WELLBEING

January




New Year Reset

March



International Women's Day

April



Earth Day

May



Mental Health Awareness Week (UK)

June



Global Wellness Day

October



World Mental Health Day

November



Stress Awareness Week

December



End of Year Reset



WHAT A WORKPLACE SESSION LOOKS LIKE

A seamless wellbeing experience designed for the workplace.

Event	Month
Arrival & Setup	We arrive 15–20 minutes before the session to prepare the space and instruments.
Introduction	A short introduction to sound healing and how it supports relaxation.
Sound Experience	A 60-minute immersive sound journey using bowls, gong and therapeutic percussion.
Gentle Integration	Participants return gradually with grounding techniques before continuing their day.

SCIENCE & RESEARCH

[The Wall Street Journal](#)
[The Science Behind Sound Healing](#)

[Tedx Talks](#)
[Sound Therapy for Anxiety and Stress](#)

[BBC](#)
[Seeing Sound With Sand](#)



LET'S CONNECT

Available across London for in-office sessions and corporate wellbeing events.

Website

www.chimeandflow.com

Email Address

connect@chimeandflow.com

Phone Number

073-9200-8014