



Violin Sound Sanctuary®

Corporate Meditation Sessions with Rebecca Sabine



master violinist, sound healer, and meditation guide

Goal: To address the need to de-stress, enabling greater productivity in the business environment of deadlines, pressure and competition.

Description:

Rebecca Sabine's incredible violin artistry, soothing voice, and ability to immediately shift the energy of a room to one of cohesiveness, group identity and well being with mindful meditation is a unique gift to your company... one that must be experienced!

- 15-30 minute mini-meditations
- Violin Sound Healing Meditation in Concert (one hour-virtual or in person)
- Held online or in a separate room conveniently located near the convention meeting hall on property.
- Participants sit in chairs in their regular business attire.

Who is this for?

Busy executives, their staff, managers, employees, convention attendees

What is achieved?

- ROI/performance/corrections
- Recharge
- Refocus
- Clear the mind
- Think bigger, better and brighter
- Get Results! Improve the performance
- Ramping up the morale
- Get the wheels moving forward again toward your quarterly goals.

Everything begins with a vision!

Research shows that when one imagines something vividly and with emotion, the brain accepts it as real. From that mental place of congruency, company goals can be more easily realized, supporting the group to see the vision and create the intention.

(Company Vision themes can be customized upon request).

for more info please email Rebecca
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