



Holistic Wellbeing Counseling

Private Group Sound Bath Sessions

Giselle Bonilla

holisticwellbeing.c@gmail.com

www.giselle-bonilla.com

Description: A sound bath is a deeply nourishing, full-body meditative experience in which participants rest comfortably while being immersed in resonant, intentional sound. The vibrations created during a sound bath move gently through the body and energetic field, inviting the nervous system to slow, the mind to quiet, and the spirit to soften. Many experience sound bathing as a healing and restorative practice that supports balance, emotional release, and inner harmony.

In my sound bath offerings, I work with the handpan drum and a set of crystal singing bowls, each attuned to one of the seven chakras within the energetic body. These instruments are played intuitively to create a cohesive soundscape that supports alignment, grounding, and energetic flow. Each session is held with intention and care, allowing the sounds to meet each participant where they are in their own healing journey.

This offering also includes thoughtfully curated ceremonial support for each participant (participants have the right to decline): a handmade organic herbal tincture, a set of two organic handmade harmony candles, and the option to receive a bundle of palo santo or sage for personal ritual and grounding or both for an additional fee. These elements are offered as gentle allies to extend the experience beyond the sound bath and into daily life.

Sound bath sessions must be booked at least one to three months in advance to allow for intentional preparation and planning. I am open to traveling for sessions, retreats, and gatherings - an additional fee may apply depending on location.

Option A — Standard Session

\$150

Option B — Ceremonial Healing Session

\$200

Includes:

- herbal tincture
- handmade harmony candles
- optional palo santo or sage

Additional Fees: Fixed price for travels 500\$ depending on location in the United States.

Health & Safety Notice

Sound baths may include vibrations, meditative states, and energetic practices.

Participants who are pregnant, have epilepsy, severe sound sensitivity, or medical implants should consult a healthcare professional before participating.

Participants attend at their own discretion.

Liability Waiver

By participating in a sound bath session, participants acknowledge that they assume responsibility for their own physical, emotional, and spiritual wellbeing.

Giselle Bonilla and Holistic Wellbeing Counseling are not liable for any injury, reaction, or outcome related to participation.

Deposit & Payment

A **50% deposit is required to secure the date** for group bookings.

Deposits are non-refundable but may be transferred to a rescheduled date if at least **14 days notice** is provided.

For more information on booking **a minimum of 10 people for a group session**, please contact me directly at holisticwellbeing.c@gmail.com to book or for any questions or concerns.

With love and gratitude,
Giselle Bonilla