

## *Activity Day Delegate Rates*



**Offering a completely new and unique experience  
for small and large businesses**

Have you or your colleagues ever experienced the power of Sound?

These new workshops, the first in Scotland for businesses, offer a whole new experience that helps with team-building, develops confidence, creativity and expression, plus facilitates the strengthening of relationships and friendship.

Groups can enjoy a deep relaxation within a Sound Journey where the participants lay down and rest as the sound takes them to a place of deep relaxation and release of tension and stress. Using a mix of different instruments the sounds are woven together to create a magical and nurturing soundscape.

Ideal for balancing your delegates before or after their Conference.

**Sound Journey**  
90 minutes

**From £59.00 per person\***

Including Day Delegate Rate  
& 90 minute sound journey

*Make it a 24 hour rate at an  
additional £89.00 per person\**

**Sound Workshop**  
½ day

**From £83.00 per person\***

Including Day Delegate Rate &  
90 minute sound workshop

*Make it a 24 hr rate at an  
additional £89.00 per person\**