



Harp Meditation for Stress Relief

Length: 1hr

Delivery modes: Onsite & Virtual Classes.

Details: This experiential stress relief experience blends live harp music with guided meditation. Provide this session for a boost in emotional wellbeing and workplace culture. This is a 1hr meditation class, that can also be provided as 30/45 minute experiences.

The soothing sounds and angelic vibrations of the harp have been used for millennia, as a therapeutic modality for enhancing wellbeing on multiple levels – physically, mentally, spiritually and emotionally.

This session encourages the benefits of meditation and listening to music, including:

- Increasing Happiness & Relaxation
- Improving Sleep
- Strengthening the Cognitive Function

Connect with WORKBLIS to discuss requirements - hi@workblis.com