

TRANSFORMATIVE TIDES

**Sound Bath Experiences for
Private Gatherings & Corporate Events**

A calm, shared listening experience for celebrations, retreats, and team events.

GREATER ST. LOUIS AREA
ST. PETERS, MISSOURI

WWW.TRANSFORMATIVETIDES.COM



HI, I'M ERIKA.

I'm the founder of Transformative Tides and the person who will personally arrive at your event, set up the instruments, and facilitate the experience for your guests.

My background in improvisational performance and film taught me to listen closely and respond to the energy of a room in real time — an approach that shapes how I lead sound sessions today.

I began offering sound baths after noticing how much people benefit from a simple pause within a gathering. When a quiet moment is intentionally created, the atmosphere shifts and guests reconnect with the present moment.

My training includes somatic coaching, attachment-focused embodiment work, and certified listener poet training. I personally facilitate every session and maintain professional liability coverage of \$2M per occurrence / \$3M aggregate.

Just me, the instruments, and full attention to your gathering.

What a Sound Bath Looks Like at Your Event

Guests arrive and settle in however they feel comfortable — sitting, lying down, or resting in a chair. No preparation or prior experience is required.

At the beginning of the session, I offer a brief, grounded orientation so everyone understands what to expect.

From there, the room fills with live acoustic sound created with crystal singing bowls, chimes, and low-frequency resonance tones layered in real time.

Guests may close their eyes, rest quietly, or simply listen. Nothing is required of them.

Sessions close with a gentle transition back, leaving space for guests to reorient before returning to the rest of the event.

Why Hosts Include Sound Baths in Their Events

MEMORABLE

Creates a distinctive shared moment guests often remember long after the event.

RESTORATIVE

Offers a quiet pause within a busy gathering where guests can slow down and settle.

ACCESSIBLE

No prior experience, special attire, or preparation required.

LOW-PRESSURE

Guests simply listen and rest — there is no participation, discussion, or performance expected.

EASY TO INTEGRATE

Fits naturally into retreats, celebrations, and corporate gatherings without requiring complex logistics.

PRIVATE GATHERINGS & SOCIAL CELEBRATIONS

Sound bath sessions can be woven into many intimate events, including:

- BIRTHDAYS
- BRIDAL SHOWERS
- BABY SHOWERS
- ANNIVERSARIES
- MILESTONE CELEBRATIONS
- SMALL RETREATS OR INTENTIONAL GATHERINGS

These sessions create a quiet shared moment within the flow of the event — something guests often remember long after the day ends.

60-Minute Facilitated Session

1-6 guests — \$200

7-15 guests — \$250

16-20 guests — \$300

21+ guests — Custom quote

Optional 90-minute session — Add \$75



CORPORATE & TEAM EVENTS

Sound bath sessions can be incorporated into workplace gatherings such as:



**STAFF
APPRECIATION
EVENTS**



**CORPORATE
RETREATS**



**WELLNESS
PROGRAMMING**



**CONFERENCE
BREAKOUT
SESSIONS**



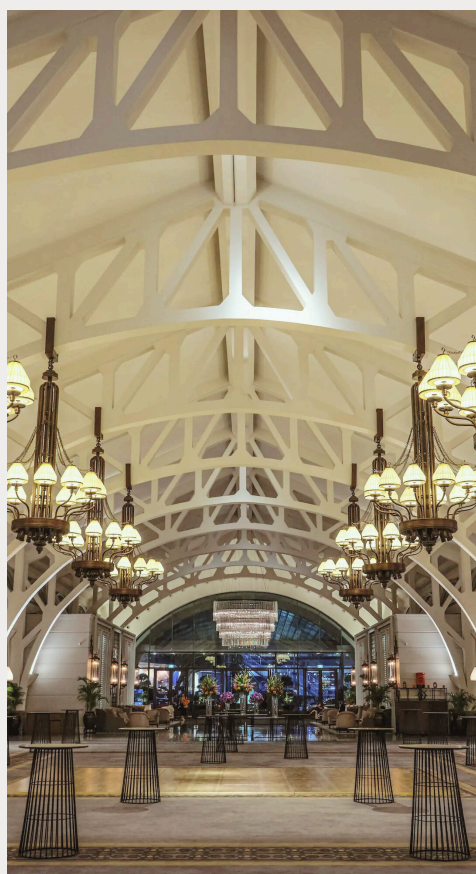
TEAM TRANSITIONS



**HIGH-DEMAND
PROJECT CYCLES**

These sessions offer teams a structured listening environment where participants can reset without discussion, preparation, or prior experience.

Guests simply arrive, settle in, and listen.



Typical Corporate Session Timeline

Arrival & setup — 30 minutes
Brief orientation — 3–5 minutes
Sound session — 30–60 minutes
Gentle transition — 3–5 minutes
Breakdown — 15 minutes

Total onsite time: approximately **60–90 minutes**

Corporate Pricing

Up to 20 participants — \$350
21–50 participants — \$550
50+ participants — Custom quote

All sessions are professionally facilitated and covered by liability insurance.

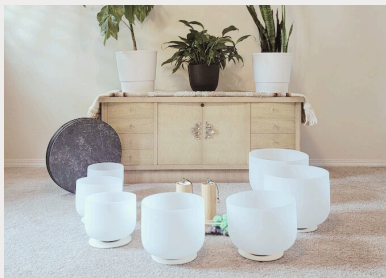
LOGISTICS

Travel

All travel fees are flat rates and cover round trip. Travel is calculated from **St. Peters, Missouri (ZIP 63376)**.

- Within 15 miles — Included**
- 16–25 miles — \$25**
- 26–40 miles — \$50**
- 40+ miles — Custom quote**

Most locations within the Greater St. Louis area fall within this range.



Session Setup

Sound baths work well in a variety of spaces, including:

- living rooms with furniture moved aside
- conference rooms
- yoga or movement studios
- quiet outdoor spaces (weather permitting)

Guests may **sit, lie down, or rest in a chair** — **whatever feels comfortable.**

What I Bring

- Crystal singing bowls and acoustic instruments
- Professional sound equipment
- Full facilitation of the session
- Complete setup and breakdown



What Guests May Want To Bring

- Yoga mat or something comfortable to lie on
- Blanket or pillow for added comfort
- Eye mask (optional)

Hosts often include a simple **“BYO mat & blanket”** note in invitations.

HOW BOOKING WORKS

(01) REACH OUT

Submit an inquiry.

Private Gatherings fill out a form [here](#). ←
Corporate & Team Events fill out a form [here](#). ←
Or email erika@transformativetides.com

(02) CONFIRM AVAILABILITY

I respond within 1–2 business days to confirm availability and discuss details.

(03) RESERVE YOUR DATE

A 50% deposit confirms your booking.
The remaining balance is due 48 hours before your event.

(04) ENJOY YOUR EVENT

I handle setup, facilitation, and breakdown so hosts can stay present with their guests.



PROFESSIONAL DETAILS & CONTACT

Professional Details

- Facilitated personally by Erika Hood
- Professional liability coverage: \$2M per occurrence / \$3M aggregate
- Mobile sound experience with full equipment provided
- Available for private gatherings and corporate events
- Based in St. Peters, Missouri
- Serving the Greater St. Louis region

Health & Accessibility

Guests with sound sensitivity, neurological conditions, metal implants, pregnancy, or other health considerations are welcome to reach out before booking.

Sound bath sessions are complementary listening experiences and are not a substitute for medical or mental health care.

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St. Peters, Missouri
Greater St. Louis Area

