

SOUND YOGA & MANTRA MEDITATION

Transform Through the Power of Sound

Stressing in the fast lane? Overwhelmed by pressure and inner discord? Cut through the chaos. Take a break from the mental overload, stress and tension.



Bringing People Together

- Promotes inclusion and connection
- Encourage team building and cohesion
- Cut through language and culture barriers and embrace diversity



Support Mental Health & Connection

- Reduce stress, shift from fight/flight mode
- Increase energy + vibration, clear emotional and mental blockages
- Experience meditation through the sound frequencies
- Activate healing benefits for body, mind and spirit
- Create space, promote new neural pathways in the brain
- Strengthen resilience and emotional intelligence
- Cultivate relaxed alertness, cognition and creative thinking
- Enjoy calmness, enhance sleep



Your Next Event

- Team away days, offsite events, conferences
- Retreats and festivals
- Private events
- In-person or online
- Video resources to support the experience



Siddhi Shakti ran an **exceptional workshop** for a corporate audience for Human Power...with many describing a profound impact.

- Michelle Crawford, Being More Human

Highly recommended. Siddhi Shakti's sessions are **amazing!**

- Nandini Medici, Founder
The Empowered Feminine Festival

Get in touch if you'd like to rock your wellness world with a curated experience. Customised sessions to suit your event, time & requirements, in person, online or with video resources for your intranet or learning-portal.

SOUL LIGHT
ENERGETIC HEALING

GET IN TOUCH!
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