

PRIVATE SESSIONS · CRETE & LONDON

1:1 Sound Therapy

Relax, rebalance & rejuvenate.

- Private one-to-one sessions tailored entirely to you
- Gongs, singing bowls, drumming and voice work
- In person in Crete or London · no prior experience needed
- Initial 90-min session · follow-up sessions and packages available

STARTING FROM

€100

ABOUT THESE SESSIONS

Slow down, reset, and reconnect with yourself.

Private one-to-one sessions · Crete & London

Private one-to-one sound therapy sessions offer a deeply held space to slow down, reset, and reconnect with yourself. Life experiences, stress, and emotional patterns are carried not just in the mind, but throughout the body and nervous system. Over time, this can show up as physical pain, fatigue, disrupted sleep, emotional overwhelm, or a sense of disconnection.

Sound therapy works gently with these patterns, supporting the body's natural capacity to regulate, release, and return to balance. Each session is tailored entirely to you — physically, emotionally, and energetically. There is nothing to do or achieve. The session unfolds naturally from where you are.

THESE SESSIONS OFTEN SUPPORT

- Stress, anxiety & nervous system overload
- Physical pain and discomfort
- Poor sleep or difficulty switching off
- Emotional stagnation or overwhelm
- A sense of disconnection or depletion

"After one session, the pain I'd lived with for eight years had gone. I still can't believe it."

ASHLEIGH R · LONDON

"After one session with Rob my symptoms eased completely. I felt deeply relaxed, safe and truly listened to."

LISA F · LONDON

HOW A SESSION WORKS

1 CONSULTATION

All sessions begin with a brief consultation to understand what brings you and shape the session around your needs. First sessions include a 30-minute consultation.

2 SOUND THERAPY

You'll be guided into the sound therapy, sitting or lying comfortably. Rob uses a carefully chosen combination of voice work, singing bowls, drumming, and gongs — selected specifically for you.

3 CLOSING & REFLECTION

A few gentle moments to close the session and reflect on what you noticed. Guidance on next steps if you'd like to continue the work.

WHAT'S INCLUDED

- Initial consultation to shape the session around your needs
- Tailored sound therapy using techniques chosen for you in that session
- Voice work, singing bowls, drumming, and/or gongs as appropriate
- Space to reflect and gently close the session afterwards
- Guidance on next steps if helpful

INVESTMENT

Initial session (90 mins) — €100

Follow-up (45 mins) — €80

3-session package — €220

AVAILABLE IN

Crete, Greece

London, UK

"I'd lived with knee pain for over 40 years. After one session, the swelling was noticeably reduced and I was able to move with far greater ease. Rob was professional, calming and made me feel completely at ease."

JANTY P · FRANCE

FAQS

Do I need any prior experience of sound therapy?

None at all. Sessions are accessible to everyone. There is nothing to do or achieve — the session simply unfolds from where you are.

How many sessions will I need?

Some people find one session creates a significant shift. Others return regularly as an ongoing practice. There is no obligation to continue beyond a single session.

Ready to book?

Get in touch and Rob will answer any questions before your first session. No pressure, no obligation.

BOOK A FREE CALL →

<https://findyourmagic.base44.app/me et/ hello/ discovery-call>

€100

FIRST SESSION

Crete

+ LONDON