

# *SOUND, SELF & SPACE*

*with JOSEPH EVLING-TAYLOR*

7th February to 7th March 2025



*“If it arrives, let it arrive. If it stays, let it stay.  
If it leaves, let it go.”*

Spark connection, inspire creativity and embrace the profound with multisensory recuperative therapies by Joseph Evling-Taylor, a London-based specialist in sound, breath and meditation.

Joseph co-founded Urmi Sound as a study in sound, self and space. Now, he invites you to explore this interplay through a selection of powerful experiences, rooted in ancient practices and informed by his extensive studies and training.

Discover journeys and rituals that serve as meaningful tools of rejuvenation and reconnection. Joseph incorporates elements from nature, neuroscience and art to help make sense of our modern urban lifestyle and equip you to thrive.

JOALI BEING

## PERSONALISED SESSIONS

### Sensory Sound Journey

Allow a symphony of healing vibrations to restore balance. Open space with an energetic cleansing and breath meditation before sinking into an immersive soundscape. A composition of therapeutic instruments, alongside sensory cues and scents, fosters a state of clarity and replenishment.

75 mins

USD 400 (USD 100 per additional guest)

### Non-Sleep Deep Rest: Sleep Sound Journey

Neuroscience merges with ancient wisdom to optimise your sleep. This therapy draws from Yoga Nidra, a restorative practice associated with NSDR (non-sleep deep rest). A shift in consciousness allows body, mind and nervous system to recuperate while basking in a soothing soundscape.

60 mins

USD 320 (USD 100 per additional guest)

### SoundPlay: Art Meditation

Paint with colour, breathe with sound. Tap into the healing potential of art as you externalise your inner experience and see what emerges to canvas. Painting provides a channel for the emotions and ideas that swell to the surface during the sound meditation. It's about process, not product.

90 mins

USD 450 (USD 100 per additional guest)

### Crystal Bowl Accompaniment to Massage

A supplementary service for JOALI BEING massages. The healing frequencies of alchemy quartz bowls enhance the restorative nature of your massage experience. Allow their crystalline lullaby to wash over you and absorb into your body as your therapist provides a hands-on treatment.

60 mins

USD 180 (USD 100 per additional guest)

## WEEKLY COMPLIMENTARY ACTIVITIES

### Yin Yoga with Sound

A practice in the art of letting go. Paired with the slow movement and mindful breathing of Yin Yoga, the sounds and vibrations invite you to soften and deepen into your poses.

60 mins

Day & Time

### Meditation & Microbiome

Delve into the gut-brain axis and explore nutrition and lifestyle principles to support your mind and microbiome. Discover the profound effects of breath, sound and movement on gut health.

30 mins

Day & Time

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To book a session with Joseph, please contact your Jadugar.  
All prices subject to 10 percent Service Charge and 16 percent Government Tax.