



Sound Bath Sessions

Savvy Staci, LLC

Creating immersive healing experiences
through sound, intention, and presence.

About Me

Creating immersive healing experiences through sound, intention, and presence.

My path to sound healing began through my work in the nonprofit world, partnering with communities that may face barriers to traditional healing resources. Over the years, I saw how difficult it could be for people to access healing when language barriers or cultural differences were present. I started asking myself, how can we connect and care for one another in a way that goes beyond words?

That question led me to sound. Sound is a universal language. It reaches beyond conversation and speaks directly to the body and mind. It became a powerful tool for offering calm, connection, and care in the spaces where I serve.

Now, as a trauma-informed certified sound bath practitioner, I create healing spaces for nonprofits, wellness centers, celebrations, and corporate settings. I also offer Reiki and Yoga Nidra for deeper rest and alignment. My intention is always to help others feel safe, seen, and supported.



My Offerings



I offer sound bath experiences designed to meet the unique needs of each space, event, or community. Whether it's a moment of rest, a space for reconnection, or a celebration of something meaningful. I work with you to co-create an experience rooted in intention, presence, and care.



Birthday, Bach & Celebrations
Nonprofits & Community Groups



Corporate Wellness & Retreats
Wellness Centers & Studios

Spaces for connection, reflection, or celebration – in any form.



Birthday Themes



Solar Return Reset


Mark your personal new year with intention, clarity, and energetic alignment. Release the old and welcome what's ahead.

Chakra Birthday Tune-Up

Balance and activate each energy center to start the next year fully charged and aligned.

Born to Shine

A playful, joyful sound journey celebrating who you are. Align your inner vision with high vibrational energy.



Bach Celebration of Love



Love Frequency

A heart-opening session focused on joy, connection, and tuning into love in all its forms: romantic, self-love, and friendship.

Collective Celebration

Collective and individual intentions for the next chapter: marriage, self-growth, joy, and abundance.

Anchored Hearts in Harmony

A grounding, soothing experience to help relax and release stress before the big day. A moment to pause and soak it in.





Corporate Wellness



Recharge & Realign


A moment to pause and exhale. Supports nervous system regulation, eases tension, and helps participants return to their day feeling clear and refreshed.

Pause That Powers You

Opens space for quiet insight and creative flow. Encourages participants to slow down and listen inward, allowing fresh ideas to surface naturally.

Rested Leaders, Resilient Teams

Designed for those in leadership or high-responsibility roles. Supports clarity, emotional balance, and a return to values-led decision making.





Retreats



Clear the Path


Encourages gentle release of mental, emotional, or energetic clutter. A powerful start to self-inquiry, reflection, or personal transformation work.

Trust the Process

Creates space for softening and surrender. Supports the nervous system in feeling safe and open to whatever the retreat experience has to offer.

Vision and Intention

Amplifies clarity and intuition. Ideal for goal-setting, journaling, or closing rituals that call in a sense of purpose or new direction.





Connection Reflection Celebration



Celebrate the Journey

Honors how far someone has come. Invites reflection, gratitude, and recognition of growth, both seen and unseen.

Gather and Glow

Created for togetherness. Fosters connection, group bonding, and shared celebration through sound and stillness.

Mark the Moment

Designed to hold space for something meaningful. Honor the significance of a specific day or milestone in a sacred way.



Let's Co-Create Something Meaningful



I would love to collaborate with you to design a custom sound bath experience rooted in your unique intention. Whether you're honoring a transition, celebration, or collective need, we can shape a theme that resonates with your vision and energy.



Session Enhancements



Event Space

Don't have a location? I partner with serene indoor and outdoor venues throughout San Diego. Additional fees will apply.

Travel

Within the City of San Diego:

No additional fee

Outside of the City of San Diego:

Custom quote based on distance/time



Optional Add-Ons:

Props Needed (yoga mat, pillow, blanket, eye mask): \$15 per person

Custom Wellness Gift Bags – starting at \$15 per person

Themed Enhancements or Rituals – pricing based on request





Booking & Inquires

I would love to connect and learn more about your vision. Whether you're planning a retreat, team gathering, private event, or something uniquely your own, we can co-create an experience that feels aligned, intentional, and restorative.



www.savvystaci.com/soundhealing

Schedule your free 30-minute discovery call to explore your needs, ask questions, and begin crafting your custom sound bath.



Thank You

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