Wellness & Sound Practice



Tom uses improvised sound, rhythm and silence in sessions that range from deep listening to live accompaniment for yoga and movement.

PROGRAMS

BioRhythms | Live Sound Journey Tom improvises with handpan, frame drums, gongs, electronics and silence. The session centers on deep listening, with optional rhythm, breath or movement in some formats.

Sound Meditation & Listening Sessions Tom shapes sound and pacing around guided attention, adapting each listening session to the group, facilitator and room in retreat, wellness, educational or community settings.

Yoga & Movement Integration Tom improvises a live soundscape with a yoga or movement facilitator, using percussion and resonance to respond to participants' breath, pace and movement as the session unfolds.

Rhythm-Based Wellness Programs Participants use simple rhythms to explore coordination, creative expression and shared attention. The format invites the group to make music together through accessible rhythmic activities.

BOOKING OVERVIEW

Designed For
Retreat hosts, wellness spaces, community groups, educational settings and movement facilitators.

Typical Length
Varies by session and facilitator. Ask about duration when you inquire.

Program Elements
Live improvised sound, resonance and silence. Some sessions include rhythm, breath or movement.

Presentation Options
Receptive sound journey, guided listening session, or live accompaniment with a yoga or movement facilitator. Ask about participatory group formats.