



Floating Sound Therapy + Spa

THE ART OF RESET

Monthly Weekend Date | 10am | £145

The Yoga Class x Mandarin Oriental Mayfair

A transformative wellness experience designed as a multi-sensory, weightless meditation ritual. Guided by sound and breathwork practitioners, you'll be immersed in live frequencies, gentle vibrations, and intentional breathwork that draw on ancient sound healing traditions and modern vibrational science to restore the nervous system and create space for deep reset. As you float and surrender, an evolving soundscape of crystal bowls, gong, monochord and therapeutic percussion guides you into clarity, calm, and inner stillness—leaving you grounded, uplifted, and renewed.

Weekday Sessions Include:

- 60 min session
- ½ day Spa Access after the session
- Healthful Juice + Energy Ball
- 15% off Treatments at at Mandarin Oriental Mayfair

THE YOGA CLASS

BY LAURA DODD



BOOK YOUR SESSION

THE PRACTICES

Sound therapy works through vibration rather than thought. Live instruments such as crystal bowls, gongs, and therapeutic percussion emit frequencies that gently slow brainwave activity, guiding the nervous system into a state of calm and restoration. As the body listens, tension softens, the mind quiets, and a sense of clarity and inner space emerges.

Downregulating breathwork supports this shift by signalling safety to the body. Slow, intentional breathing - with emphasis on extended exhalation - activates the parasympathetic nervous system, allowing stress levels to drop and the body to settle into rest and repair without effort.

Floating amplifies these effects by removing gravity and physical strain. Supported by warm water, the body can fully surrender, while sound vibrations travel more freely through both water and tissue. Many describe the experience as deeply immersive and timeless, allowing relaxation, introspection, and emotional release to arise with unusual ease.

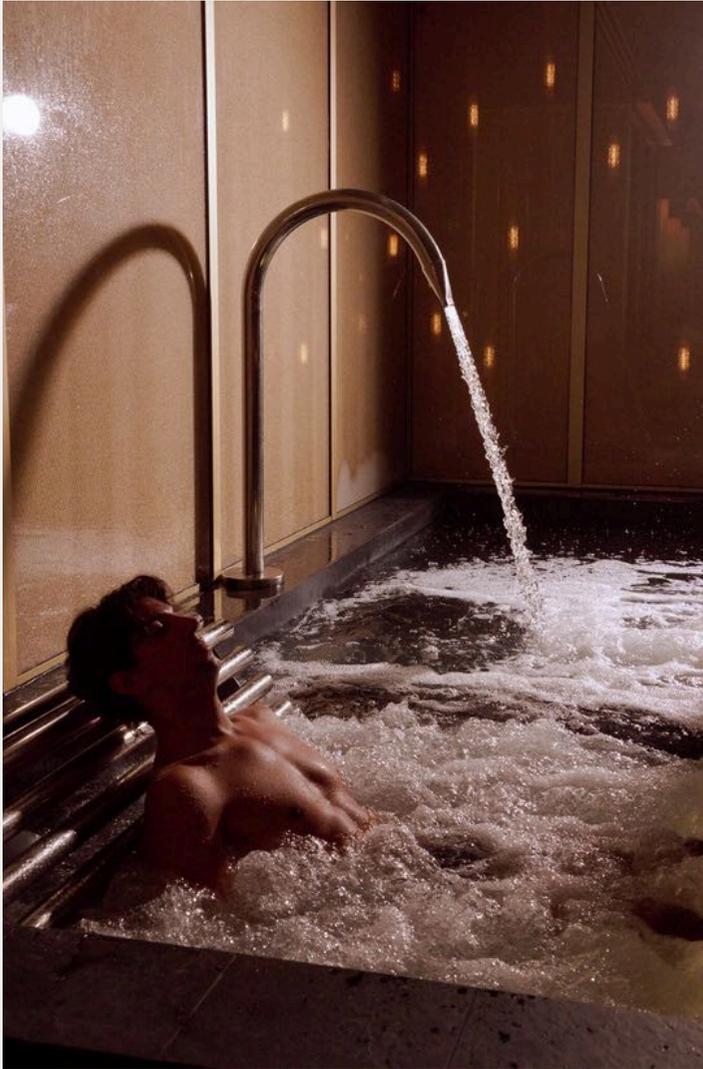




THE PRACTITIONERS

Laura Dodd is the Founder of The Yoga Class and a meditation/ breath-work practitioner, known for creating deeply restorative experiences and retreats, that support nervous-system regulation and emotional wellbeing. Her work draws on ancient sound healing traditions alongside modern therapeutic approaches, offering spaces that are both grounding and quietly transformative. With an intuitive yet structured presence, Laura guides participants into states of rest, clarity, and reconnection.

Joseph is sound practitioner creating immersive sonic experiences that bridge ancient wisdom with contemporary life. His work explores sound and vibration as a way of deepening our understanding of ourselves and our relationship with frequency. Using therapeutic instruments such as the gong, crystal bowls, percussion, and monochord. Joseph crafts experimental soundscapes that guide participants into states of transformation, clarity, and peace.



THE SPA AT MANDARIN ORIENTAL MAYFAIR

The Spa at Mandarin Oriental Mayfair is a serene, subterranean sanctuary set beneath Hanover Square, offering a refined escape from the pace of London life. Thoughtfully designed with natural materials and soft lighting, the space creates an immediate sense of calm and restoration.

At its centre is a 25-metre indoor heated swimming pool, the longest hotel pool in Mayfair, complemented by a sauna, steam room, vitality pools, and experience showers, all designed to support circulation, relaxation, and sensory renewal. Together, these facilities provide an ideal environment for both gentle immersion and deep rest.

Elegant, quiet, and intentionally designed, The Spa at Mandarin Oriental Mayfair provides a sophisticated setting for restoration and renewal in the heart of the city.

EVENT DATES

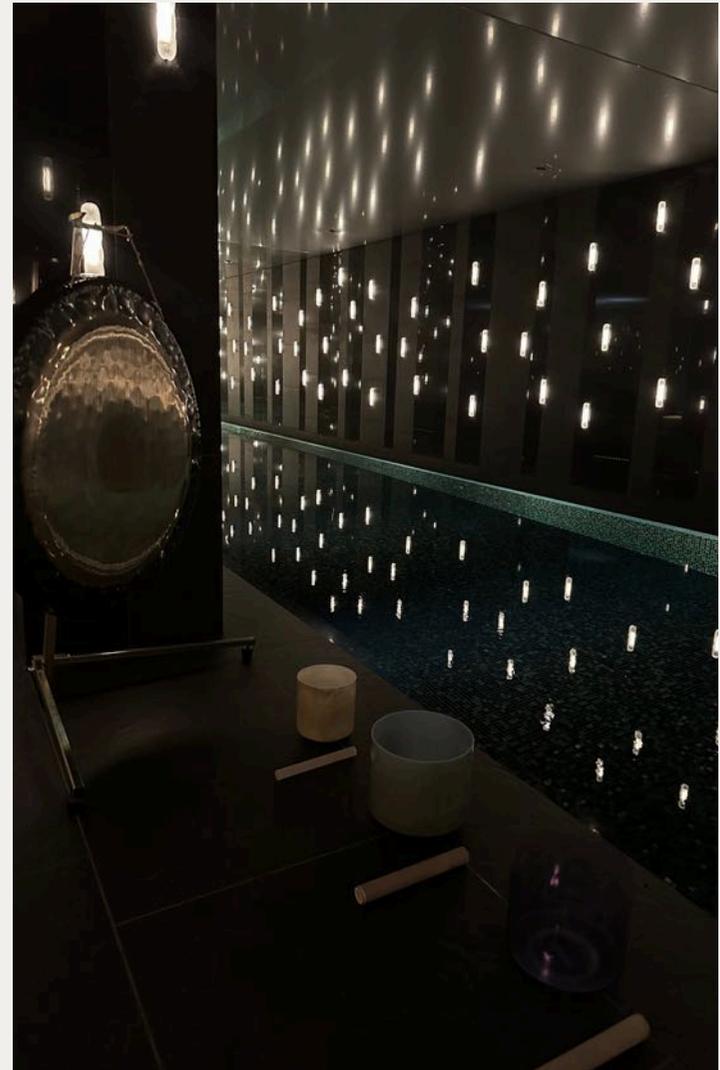
- Saturday, March 28, 10 am
- Sunday, April 26, 10 am
- Saturday, May 30, 10 am
- Saturday, June 27, 10 am
- Saturday, July 25, 10 am
- Saturday, August 29, 10 am
- Saturday, September 26, 10 am
- Saturday, November 28, 10 am
- Saturday, October 31, 10 am
- Saturday, December 12, 10 am

WHAT'S INCLUDED

- 60 min Sound Therapy + Breath-work Floating experience w/ Laura + Joseph
- 1 hour access to The Spa at Mandarin Oriental Mayfair
- Full changing, shower and locker facilities
- 15% off Treatment Bookings at Mandarin Oriental Mayfair

WHAT'S NOT INCLUDED

- Optional Lunch at The Restaurant at Mandarin Oriental Mayfair





THE YOGA CLASS X MANDARIN ORIENTAL

The Yoga Class x Mandarin Oriental Mayfair collaboration offers a refined approach to modern wellbeing, centred on deeply personal, immersive experiences.

Through bespoke 1:1 sessions and Ritual Movement x Spa Day Retreats, guests are guided through intentional movement and grounding practices designed to restore balance, regulate the nervous system, and create meaningful space away from the pace of city life.

Set within the serenity of The Spa at Mandarin Oriental Mayfair, each Ritual Retreat journey includes exclusive access to the spa, allowing movement to flow seamlessly into heat, water, and deep rest.

Rooted in the philosophy of The Yoga Class, this is movement x spa reimagined as a complete ritual—luxurious, restorative, and quietly transformative.

[LEARN MORE](#)

Love

Laura

xx



BOOK YOUR SESSION