



## TEAMBEING - A SPACE THAT HOLDS YOUR TEAM

A shared experience where silence and resonance clarify and strengthen connection - across generations.

## In brief

**TeamBeing** is a guided solo handpan concert designed for companies, conferences, and communities at work. A shared **pit stop for your nervous systems** — with no performance, no explaining, and nothing to “solve”. A room held by sound and musical expertise.

### From TeamBuilding to TeamBeing

Teams are often overstimulated by pace, constant change, and screen-heavy workdays.

TeamBeing is a shift in format:

- from **activation** → to **regulation**
- from **doing** → to **being**
- from **competition mindset** → to **sustainable belonging**

This is not a workshop. It is not therapy.

It's a collective experience that makes it easier to land, listen, and reconnect — with yourself and with each other.

### Kontakt

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# What to expect (What – How – Where)

## What it supports

TeamBeing often creates:

- calmer minds and less mental noise
- a softer tone and a stronger “we” in the room
- more clarity and creativity afterwards
- a shared baseline that helps conversations and decisions flow

It works across generations because it’s non-verbal, simple, and embodied.

## How it works

- Duration: 30–60 minutes
- Format: solo handpan (ambient / meditative) — scalable
- Opening: a short introduction (2–5 minutes)
- Landing: a gradual flowing state of rhythm that aligns with your further agenda

## Guiding keywords in the room:

- Being quiet together.
- Holding restlessness with kindness.
- Listening to peacefulness.
- Feeling love.
- Practicing harmony.

## Where TeamBeing fits

- leadership days & strategy sessions (opening/closing)
- kickoffs and quarterly resets
- after intense periods, reorganisations, or change processes
- conferences (a reset between talks)
- wellbeing initiatives with **high impact / low friction**

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# Packages & Pricing

*Intro pricing 2026*

## 1) Pop-Up TeamBeing (acoustic)

### 20–30 min solo handpan (Acoustic no tech)

A short nervous-system reset during a busy day. Perfect as a surprise moment, a pause, or a soft landing before/after a meeting.

- **Duration:** 20–30 min
- **Setup:** acoustic / no tech
- **Best for:** smaller rooms / intimate settings / 10–30 participants
- **Price:** DKK 5,000 + travel

## 2) TeamBeing StudioConcert (Silent-Concert-Headphones)

### 45 min solo handpan — deeper landing

A full format that holds the space long enough for the body to settle. Made for reflection, presence, and shared calm.

- **Duration:** 45 min
- **Setup:** Silent-Concert-Headphones / Tracks
- **Best for:** small–medium groups / 10–30 participants
- **Price:** DKK 7,500 + travel + tech

## 3) TeamBeing Signature Concert (Handpan + Gong / PA / Silent Concert / tracks)

### Scalable format for 30+ guests

A larger concert experience with more depth, spaciousness, and a cinematic feel — ideal for conferences and large venues.

- **Duration:** typically 20–30–45–60 min (adaptable)
- **Setup:** PA / Silent Concert Headphonses + optional tracks
- **Best for:** conferences / large rooms / 30+ participants
- **Price:** from DKK 10,000 + travel + tech (venue dependent)

### Add-On: Sonic Resonance

A simple, playful co-creation where the audience becomes part of a gentle shared soundscape — while the handpan holds the room.

### Rain Music Experience

A soundscape of **rainsticks + fingersnapping + handpan**

**Pricing:** available on request (depends on number of participants and setup).

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# About Per-Cussion

## Musician & Pause Buddy

Per-Cussion (Per Rasmussen) is a **professional percussionist, composer, producer and facilitator** with lifelong experience in creating musical spaces that **bring people together** — both in high energy and in deep calm.

For more than two decades, Per has led **Stomp Along**: rhythm-based team experiences for companies in Denmark and internationally, with **1500+ delivered events**. This has developed a strong ability to read a room, include everyone, and create connection fast — across ages, personalities, and musical backgrounds.

Per is also a **sauna ritual master** and has delivered **500+ sauna sessions** at the Funen coast. That practice has sharpened his skill in holding a safe space, regulating group energy, and guiding people into calm presence and shared balance — without anyone having to perform or explain anything.

Today, Per also works as a **Pause Buddy** — an artistic and human focus on the transformative power of pauses: breath, calm, resonance, and presence. TeamBeing is a natural evolution of that work:

**From TeamBuilding that activates → To TeamBeing that regulates**



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