



Sound & Sensory
Reset

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Sound meditation is a powerful way to calm the nervous system and quiet mental activity. Crystal singing bowls produce resonant tones that help shift the brain into relaxed states associated with restoration and recovery. Combined with guided meditation, this sensory experience helps participants release stress, reset mental fatigue, and restore clarity during demanding work periods. Sound meditation offers a powerful way to shift the body into a calmer, more restorative state. The resonant tones of crystal singing bowls help quiet mental activity and encourage deep relaxation. This experience provides employees with a restorative pause during demanding work periods, helping them return to their work feeling more grounded and focused.

Session Format

Duration: **45–60 minutes**

Structure

Introduction (3-5 minutes) - A brief explanation of how sound and sensory experiences support relaxation and nervous system regulation.

Guided Breathwork (8–10 minutes) - A calming meditation designed to release tension and quiet the mind.

Energy Reset Breathing (10–12 minutes) - Resonant tones and vibrations create a deeply relaxing sensory reset.

Integration & Reflection (3 minutes) - Participants return gently to the present moment feeling refreshed and mentally reset.

Benefits

- Reduce stress and mental overload
- Support nervous system relaxation
- Improve clarity and focus
- Encourage emotional balance
- Provide a restorative pause during the workday

Group Size

Ideal for **10–40 participants**. For larger teams, sessions can be divided into multiple smaller groups or offered as shorter sessions throughout the day.



Curated Programs

Sessions can be offered as:

- Lunch & Learn workshops
- Team reset experiences
- Leadership wellness sessions
- Half-day wellness events
- Multi-session wellness programs

Programs can be customized to address specific goals such as:

- stress reduction
- improved focus and productivity
- employee well-being
- team connection and morale

Your Guide

Best-Selling Author • Integrative Health Expert
Creator of Feed Your Chakras & Eat the Rainbow

Schedule a session:

Visit AngelaAhimsa.com or inquire about available dates
or call 647-575-7176 between Mon - Fri 10-5pm