

I N R E S O N A N C E
C O R P O R A T E

A person is shown from the back, sitting in a meditative pose on a glowing, futuristic chair. The chair has a circular base with intricate patterns and is illuminated from within, casting a warm glow. The person is wearing a dark, pleated, long-sleeved top and matching wide-leg pants. Their hands are in a mudra (meditative gesture). The background is dark and minimalist.

IN RESONANCE

PERFORMANCE RECOVERY EXPERIENCES

Curated Environments combining Biomaterial Design,
Sound Nutrition, and Nervous System Regulation.

PERFORM SHARP. RESET SMARTER.

Modern work environments create:

- Chronic cognitive overload
- Constant digital stimulation
- Decision fatigue
- Stress-driven breathing patterns

INRESONANCE sessions help professionals reset their nervous system, improving focus, emotional regulation and cognitive clarity.

RESET

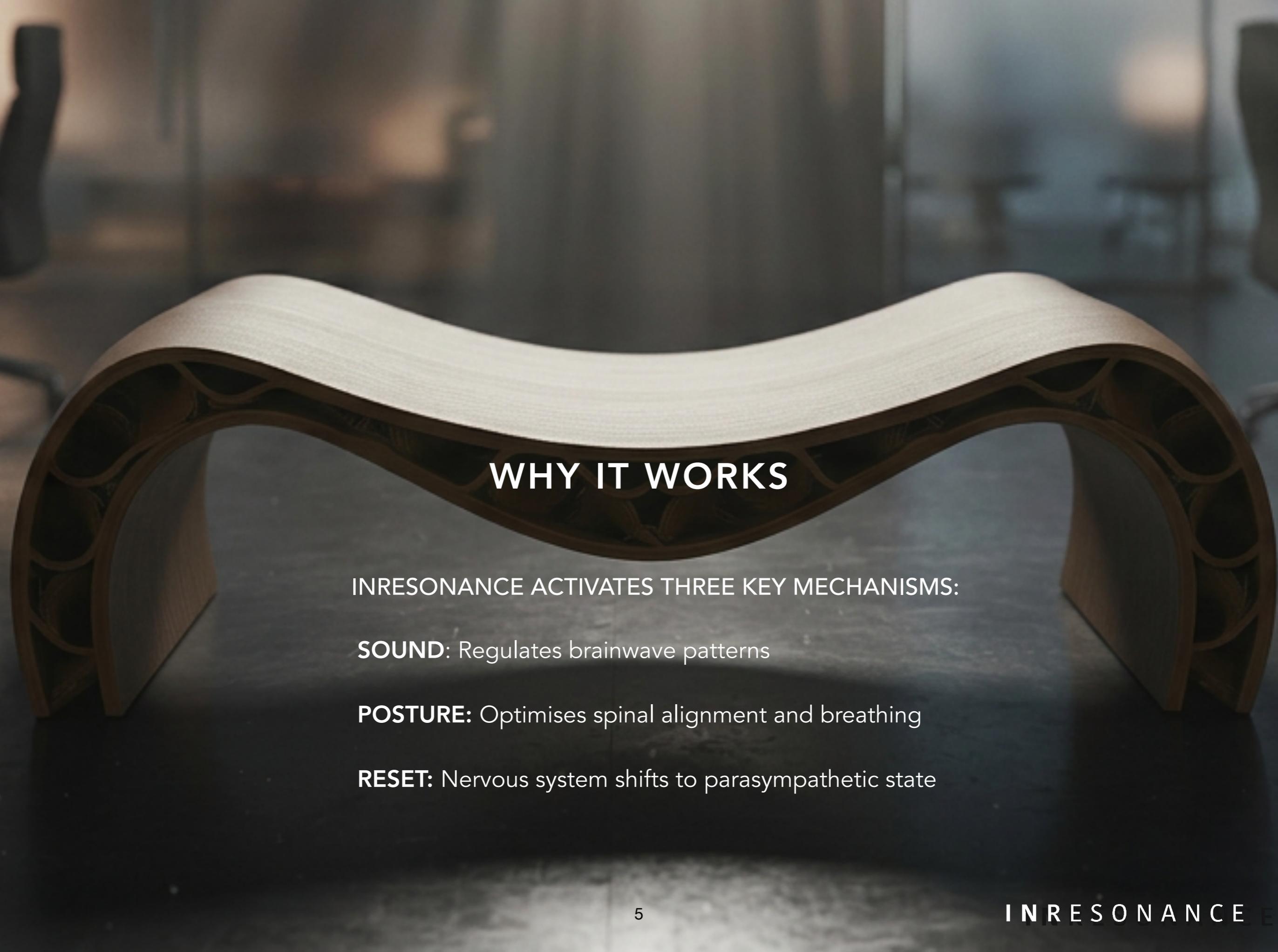
Neuroscience-informed sessions designed to reduce stress load, regulate the nervous system, and restore mental focus.

LISTEN

Curated frequency-based Sound Nutrition and sonic therapy supporting focus, emotional balance, and sustained mental performance.

ALIGN

Posture and breath optimisation supported by ergonomic 3D-printed biomaterial design to release tension and increase oxygen intake.



WHY IT WORKS

INRESONANCE ACTIVATES THREE KEY MECHANISMS:

SOUND: Regulates brainwave patterns

POSTURE: Optimises spinal alignment and breathing

RESET: Nervous system shifts to parasympathetic state



INRESONANCE EXPERIENCE

DESIGNED RECOVERY ENVIRONMENTS FOR:

Executive Leadership Retreats

Corporate Off-Sites

Conference Recovery Spaces

Workplace Wellbeing Programs

PERSONALISED APPROACH

Each program begins with a short assessment:

- Stress Load
- Recovery Patterns
- Cognitive Fatigue
- Mental Focus

Sessions are then adapted through:

- Sound frequency selection
- Session structure
- Recovery protocols

This ensures the experience directly supports focus, resilience, and sustained executive performance.



BASE SESSION STRUCTURE

1. INTRODUCTORY KEYNOTE

Science of recovery, nervous system regulation and performance optimisation through sound and ergonomic design tools.

2. GUIDED SONIC ACTIVATION

Group session using targeted sound protocols to regulate the nervous system and initiate deep recovery.

3. RECOVERY STATIONS

Rotation through experiences:

Hempla Posture Station

Vibrational Therapy & Sound Nutrition

Alignment & Breathing Guidance

Optional Add-ons include:

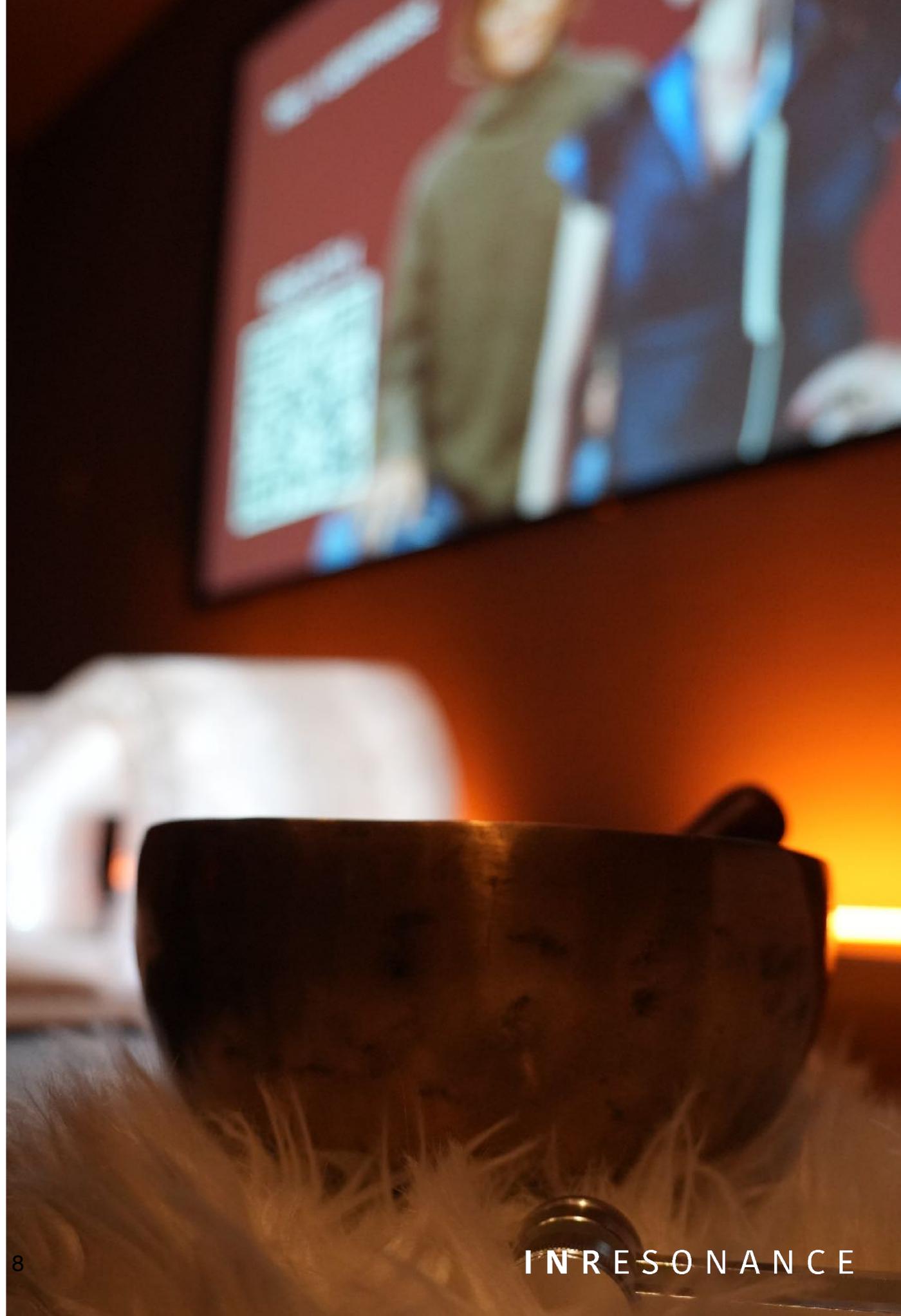
Movement Flow Session

Functional Breathwork

Stress Regulation Coaching

Duration: 6-8hours Capacity: 15-25 people

+ Pre-Assessment and Post-Integration



VIP EXECUTIVE SESSIONS

Private recovery sessions for leadership teams

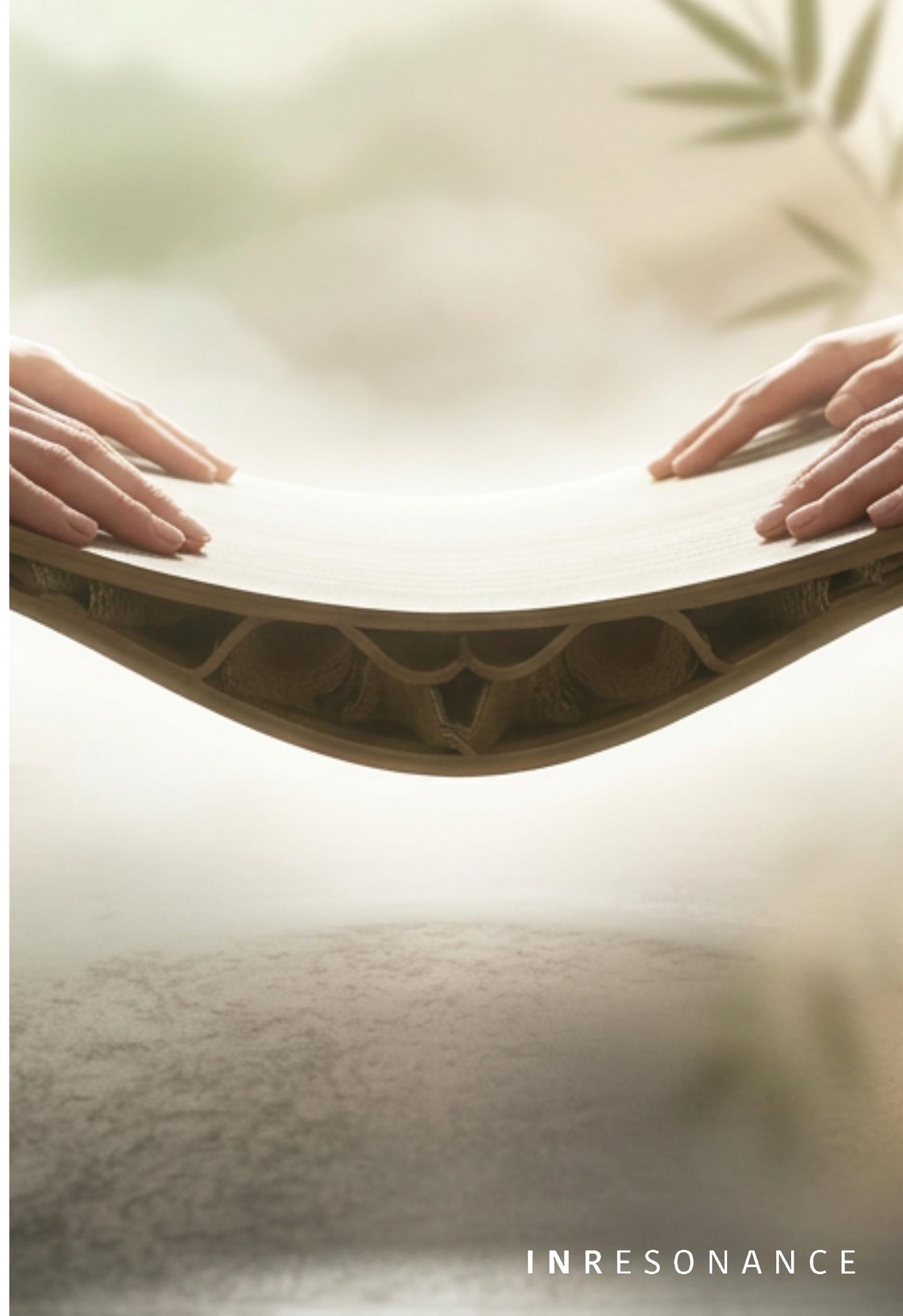
In addition to the group experience, a number of private sessions are available for senior leadership and key participants. These short, focused sessions provide deeper support for nervous system regulation and recovery.

SONIC RESET SESSION – targeted vibrational sound nutrition to rapidly reduce stress and restore clarity

POSTURE ALIGNMENT SESSION – guided posture and breath optimisation to release physical tension and improve breathing efficiency

BREATH REGULATION SESSION – simple breathing protocols designed to improve focus and nervous system balance

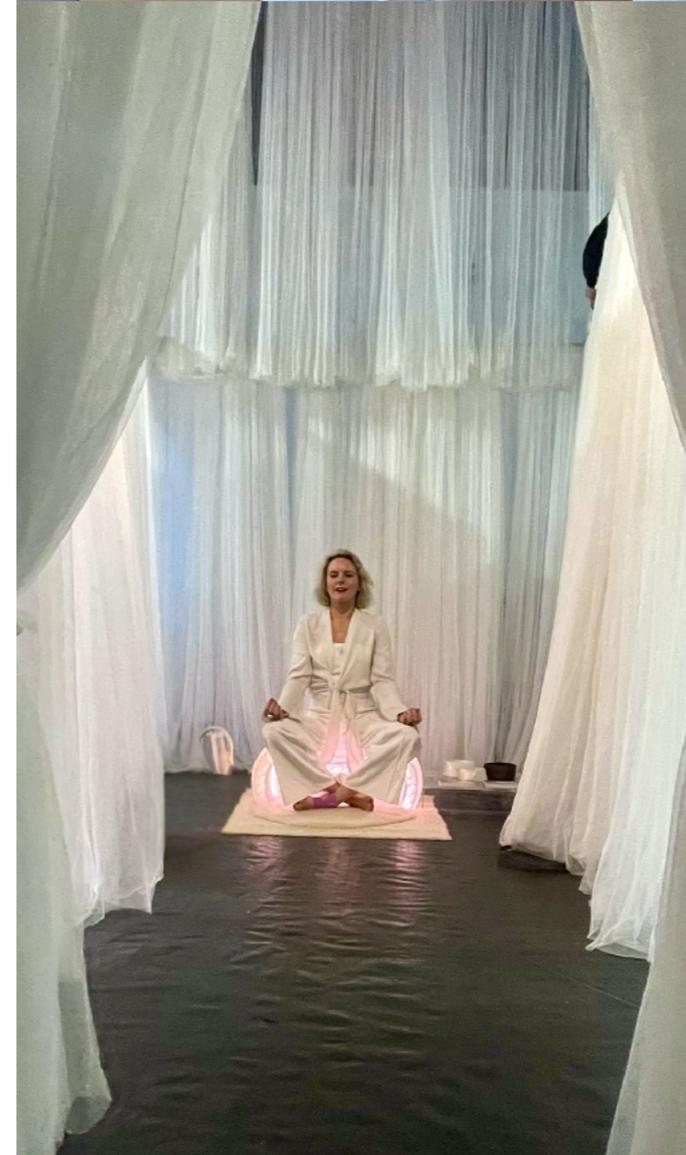
These one-to-one sessions offer executives a practical experience of how small physiological adjustments can significantly improve focus, resilience, and decision-making capacity.



CREDENTIALS

- Beverly Hills - Sydenham Clinic
State of Alignment
- Los Angeles - The KINN
Meditation & Breathwork Experience
- Joshua Tree - RESET
INRESONANCE Immersive Reset
- Mexico City - Unique design
Sanctuary Pit Stop
- Los Angeles - Artist & The Machine Summit
Sanctuary Pit Stop
- Milan - Fuorisalone
Sanctuary Pit Stop
- London - The House of Koko
Alignment & Sound Group Sessions
- San Francisco - Gray Area
Alignment Group Session
- New York - Beyond Perception
Immersive Installation
- Vienna - Funkhaus
Wellbeing by Design week

"We are grateful for the experience, wisdom, and hospitality you all provided us. You have calmed our minds and bodies, changing our outlook on how we operate moving forward with our lives. Please continue to do your excellent work! Thank you." B.Juarez, RESET



IN RESONANCE SPACE

A purpose-built recovery space supporting nervous system regulation, tension release, and mental reset.

BENEFITS:

- Executive performance
- Leadership clarity
- Burnout prevention
- Cognitive recovery

COMPONENTS:

Sonic recovery station for nervous system regulation

HEMPLA posture seating supporting optimal alignment and breathing mechanics



IN RESONANCE

IN RESONANCE PRICING

- Introductory Rate - 4h Session: GBP £2,500 | USD \$3,300

*Please note: Depending on the venue location, additional costs may apply for extensive travel.

SERENITY SPACE INSTALLATION

- Purchase: GBP £4,400 | USD \$5,900 | *20% Discounted rate from £5,500 Standard Price
- Rental: GBP £300 | USD \$400 per month | £100 | \$130 per week

Including the set-up of a unique meditation space with the HEMPLA Meditation Furniture and a Sonic Station.

INDIVIDUAL ADD-ONS

1:1 **Sound Nutrition Session:** £120 | \$170

1:1 **Posture Alignment Session:** £60 | \$80

1:1 **Breathwork:** £120 | \$170

Movement Flow/Yoga: £185 | \$250

MEET THE TEAM



SOFIA HAGEN

Sofia Hagen leads an award-winning creative practice working at the intersection of art, technology and material research to explore wellbeing by design. She focuses on creating interactive installations and ergonomic designs that support physical, mental, and sensory wellbeing while maintaining a sustainable afterlife. Combining high-end design with advanced biomaterial research and emerging technologies, Sofia's practice develops environments that bridge creativity, circular thinking, and health.

Sofia has completed projects in London, Los Angeles, San Francisco, New York City, Milan, Dubai, Mexico, China, and across Austria, and is frequently invited to deliver keynotes on design, tech, and wellness. Trained as an architect under Zaha Hadid at the University of Applied Arts Vienna, she worked with studios such as Odile Decq, Zaha Hadid Architects, Heatherwick Studios, Design Haus Liberty, Make, David Collins Studio and Bompas and Parr.



CHRISTIN RAUTER

Christin Rauter is the co-founder of The Sound Nutritionist™, a vibrational therapist, sound designer, and coach who works with sound not as background, but as nutrition for the nervous system. The Sound Nutritionist was developed together with co-founder Leon Jean-Marie, who blends his passion for quantum physics, neuroscience, and music through his work as a composer, producer, and mixer. Through carefully curated sonic environments, she integrates sound into treatments and performance settings to support regulation, recovery, and clear presence, helping the body restore balance and resilience.

Originally trained as a concert pianist, Christin combines her background in music, psychology, sound design, and her deep connection to wellbeing to create transformative sonic experiences. With degrees in Music and Psychology, her work bridges neuroscience and ancient wisdom, using sound to unlock human potential and support emotional and physical wellbeing.

IN RESONANCE PARTNERS

We collaborate with leading practitioners across performance, recovery, and nervous system regulation, including:

Elsa Unenge, BREATHCURRICULUM Breathwork

Dr. Arianna Masotti, BLOOME Post-Workout Therapy

Lara Menke, CEO CAIA

Leon Jean Marie, Sound Designer and Composer

Jessica Warren, Meditation Practitioner

Megan Monahan, Meditation Practitioner

Daphne Driscoll, Yoga & Breathwork Practitioner

Tina Woods, CEO Business for Health

Chao Dou, Experience Strategist

Antoinette Jowers, Massage Therapist

SISTERLY, Supplements for recovery and vitality



THANK YOU.

For more information please contact: @i.n.resonance
info@sofiahagen.com connect@thesoundnutritionist.com