

**I N R E S O N A N C E**  
**HOSPITALITY**

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 pleated pants. The background is dark, and the overall atmosphere is serene and futuristic.

# IN RESONANCE

PERFORMANCE RECOVERY EXPERIENCES

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

# WHERE LEISURE MEETS REGENERATION.

Travel, constant connectivity, and high-performance lifestyles create:

- Mental fatigue
- Digital and emotional overload
- Physical tension
- Disrupted sleep cycles

Hotels increasingly offer wellness, but few provide experiences that actively regulate the nervous system.

## RESET

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

## LISTEN

Curated frequency-based Sound Nutrition and sonic therapy supporting focus and deep relaxation.

## 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:

Wellness retreat programming

Executive guest recovery sessions

Conference or event activations

Wellness weekend experiences

# 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: 4hours    Capacity: 15-25 people



IN RESONANCE

# PERSONALISED APPROACH

- Tailored to Individual Needs

Each program begins with a short questionnaire assessing:

- Stress levels
- Sleep quality
- Mental fatigue
- Physical tension

Based on this we adapt:

- Session focus
- Sound frequencies
- Therapeutic guidance

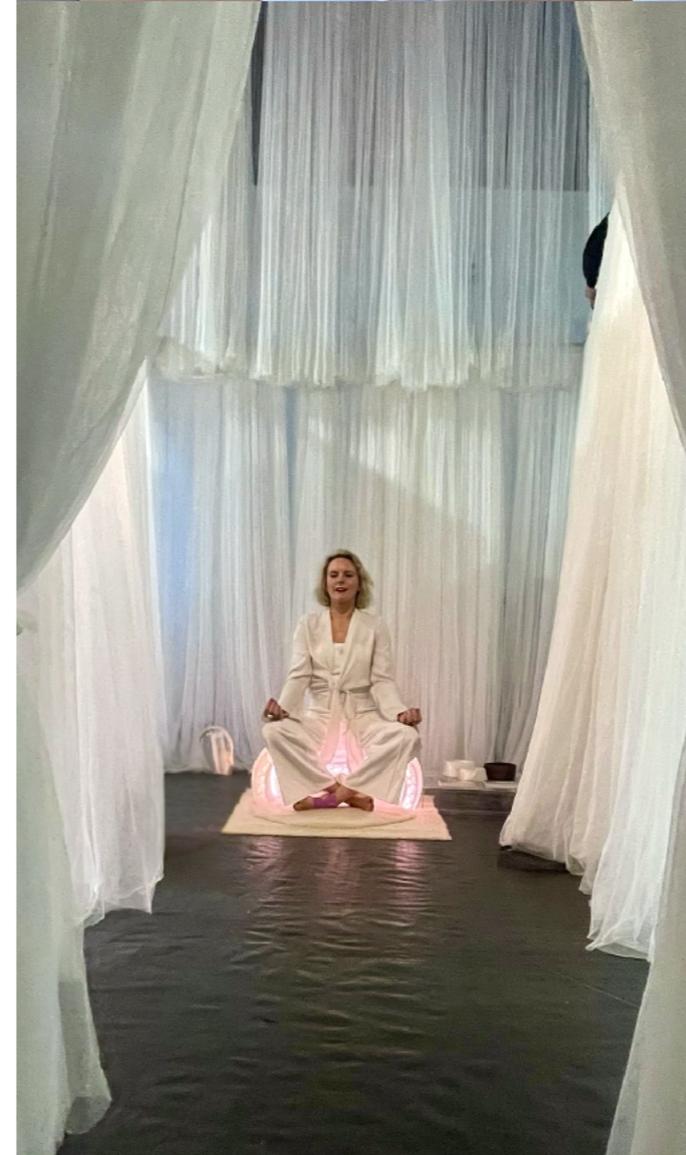
This ensures the experience is relevant to each group or guest profile.



# 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:

- Premium wellness amenity
- Differentiated guest experience
- High-value upsell opportunity
- Supports corporate and executive travellers

## 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 remixer. 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  
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