

I N R E S O N A N C E

ATHLETES

IN RESONANCE

PERFORMANCE RECOVERY EXPERIENCES

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

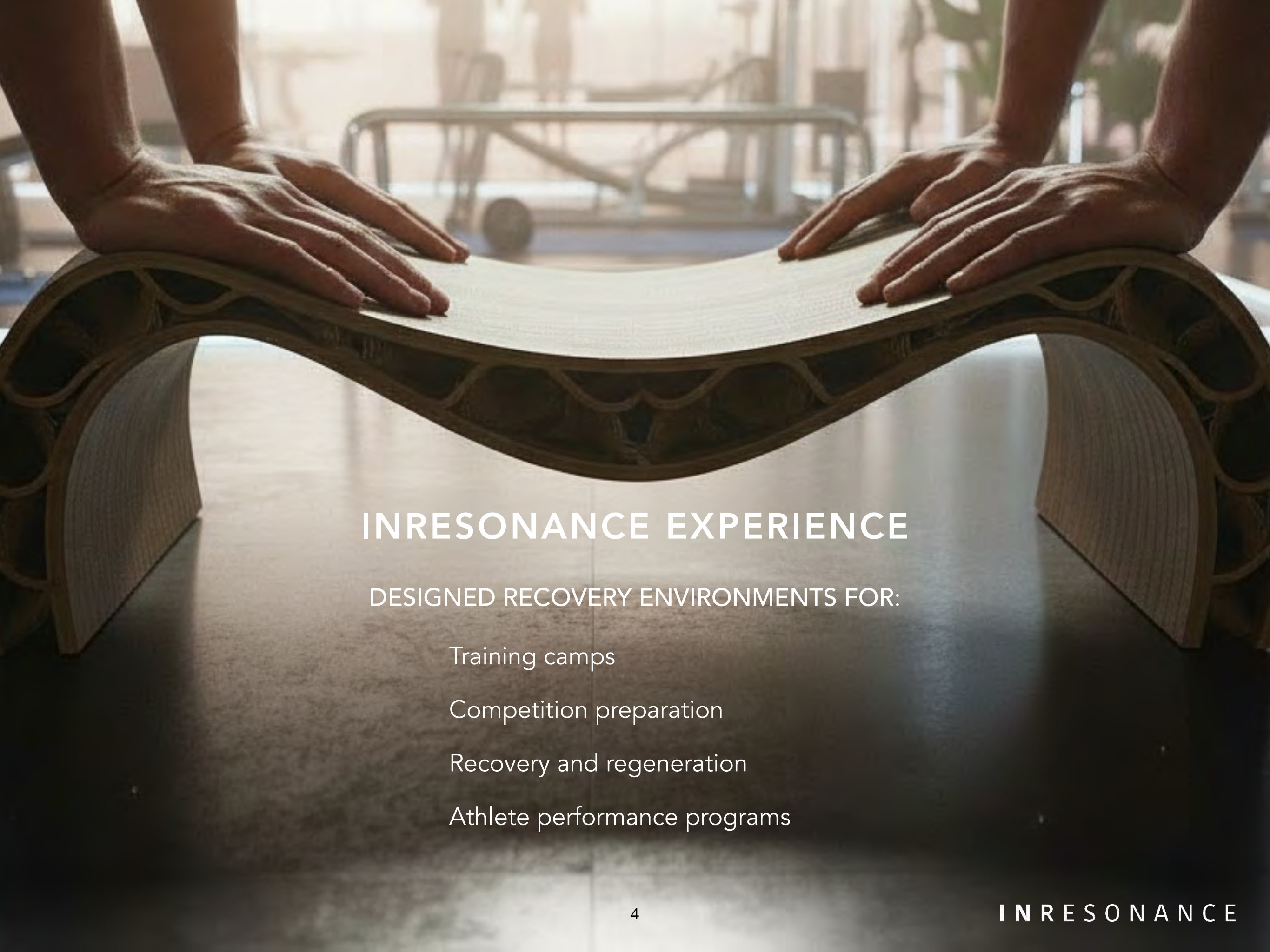
TRAIN HARD. RECOVER SMARTER.

Elite training places constant demand on the nervous system.

Athletes commonly experience:

- Nervous system fatigue
- Muscle tension and restricted breathing
- Disrupted recovery cycles
- Mental overdrive before competition

INRESONANCE sessions help athletes shift into deep recovery states and IMPROVE FOCUS, RESILIENCE AND RECOVERY CAPACITY.

A photograph of a person's hands resting on a curved, textured wooden bench. The bench has a unique, wave-like design with a light-colored, woven or knitted surface. The background is a blurred gym environment with various exercise machines and bright lighting.

INRESONANCE EXPERIENCE

DESIGNED RECOVERY ENVIRONMENTS FOR:

Training camps

Competition preparation

Recovery and regeneration

Athlete performance programs

RECOVER

Neuroscience-informed sessions designed to calm the nervous system, reduce training stress, and support faster recovery. Supports parasympathetic activation, essential for muscle repair and nervous system recovery.

FOCUS

Curated frequency-based Sound Nutrition and sonic therapy supporting mental focus, resilience, and pre-or post-performance regulation.

ALIGN

Posture and breath optimisation supported by ergonomic 3D-printed biomaterial design to release muscular tension and increase breathing capacity.



EXPLORATION SESSION

Designed for teams, gyms, and performance centres.

1. INTRODUCTION

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 Alignment

Sound Nutrition

Functional Breathing Guidance

Hempla Movement Flow

Post Workout Therapy

Duration: 3-4hours Capacity: 15-20 people

+ Pre-Assessment and Post-Integration



IN RESONANCE

PERSONALISED APPROACH

Each program begins with a short assessment to support individual performance goals and recovery needs.

- Training Load
- Sleep Quality
- Muscle Tension
- Mental Focus

Sessions are then adapted through:

- Sound frequency selection
- Session structure
- Recovery protocols

This ensures the experience is aligned with the needs of the athletes and training phase.



RESET SPACE

A purpose-built environment for athletes, integrating sound, ergonomic design, and nervous system regulation to support recovery, focus, breathing efficiency, and performance readiness.

Designed for training facilities, changing rooms, athlete lounges, and performance centres.

- Accelerates physical and nervous system recovery
- Improves focus before performance
- Reduces muscular tension and optimises breathing
- Provides a structured recovery environment within training facilities or camps

COMPONENTS:

Sonic recovery station for nervous system regulation

HEMPLA posture seating supporting optimal alignment and breathing mechanics

Min. Space requirement: 4-6sqm



CREDENTIALS

- Santa Monica - Red Bull Athlete Performance Centre
- 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



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.

INRESONANCE 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

Silke Grabinger, Performance Artist & Dancer

Leon Jean-Marie, Sound Designer & Composer

Jessica Warren, Meditation Practitioner

Megan Monahan, Meditation Practitioner

Daphne Driscoll, Movement & Breathwork Practitioner

Tina Woods, CEO Business for Health

Chao Dou, Experience Strategist

Antoinette Jowers, Massage Therapist

SISTERLY, Supplements for recovery and vitality



THANK YOU.

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