

I N R E S O N A N C E

RECOVERY PIT-STOP

IN RESONANCE

PERFORMANCE RECOVERY EXPERIENCES

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

IN RESONANCE SPACE

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

BENEFITS:

- Provides a structured recovery environment
- Improves focus before performance
- Prevents burnout
- Reduces tension and optimises breathing

COMPONENTS:

- HEMPLA posture seating: 1 or 2 sets, available in 3D printed wood or sugarcane (each set includes seat & rug);
- Dims per set: W 650mm x H 350mm x L 300mm; Weight per set: 8kg
- Sonic recovery station: Headphones & linked soundscape
- Minimum Space requirement: 4-6sqm



IN RESONANCE

IN RESONANCE DESIGN

HEMPLA:

A unique meditation furniture set that grounds the body and nervous system through posture, form and organic materials. The balanced design of the 3D printed hemp/wood and sugar seat and hand woven hemp and wool rug create a calming presence that eases the mind and supports emotional wellbeing. The ergonomic shape naturally straightens the spine, while opening the hip flexor to facilitate meditation and stretch positions.

HEMPLAWAVE:

Adds a layer of restorative sound and vibration transforming stillness into a sensory experience that calms the nervous system. Designed based on the organic materials and geometry of HEMPLA, including binaural beats and the Schuman resonance to facilitate flow state and concentration. urpose-built recovery pit-stop supporting nervous system regulation, tension release, and mental reset.



IN RESONANCE

CREDENTIALS

- Beverly Hills - Sydenham Longevity Clinic
State of Alignment Experience
- Los Angeles - Red Bull Athlete Performance Centre
Recovery Pit-Stop
- Joshua Tree - RESET
INRESONANCE Wellbeing Retreat
- Mexico City - Unique design
Recovery Pit Stop
- Los Angeles - Artist & The Machine Summit
Sanctuary Pit Stop
- Milan - Fuorisalone
Recovery 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



INRESONANCE

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



IN RESONANCE PRICING

RECOVERY PIT-STOP 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
info@sofiahagen.com connect@thesoundnutritionist.com