

ATHLETE SERENITY EXPERIENCE

A Precision-Led Integration of Sound, Therapy & Design

RESET. RECOVER. PERFORM.

A CURATED PERFORMANCE OPTIMISATION EXPERIENCE
INTEGRATING DESIGN INTELLIGENCE, SOUND, AND
POST-WORKOUT THERAPY.



Bloome

**The Sound
Nutritionist®**

SOFIA HAGEN

ELITE ATHLETE SERENITY

A high-performance recovery experience combining post-exercise emotional reset, targeted sound, and nervous-system optimisation – grounded in elite sport science.

Designed to rapidly reset the nervous system, enhance focus, and support emotional regulation under pressure – all in a highly time-efficient format.

Guided by three experts in Post-Workout Therapy, Sound Nutrition, and Embodied Alignment & Creative Flow.

THREE ELEMENTS. ONE SYSTEM.

Post-exercise reset, targeted sound, and embodied alignment — creating rapid focus, emotional regulation, and peak performance readiness.

1. RESET: Nervous-System Regulation

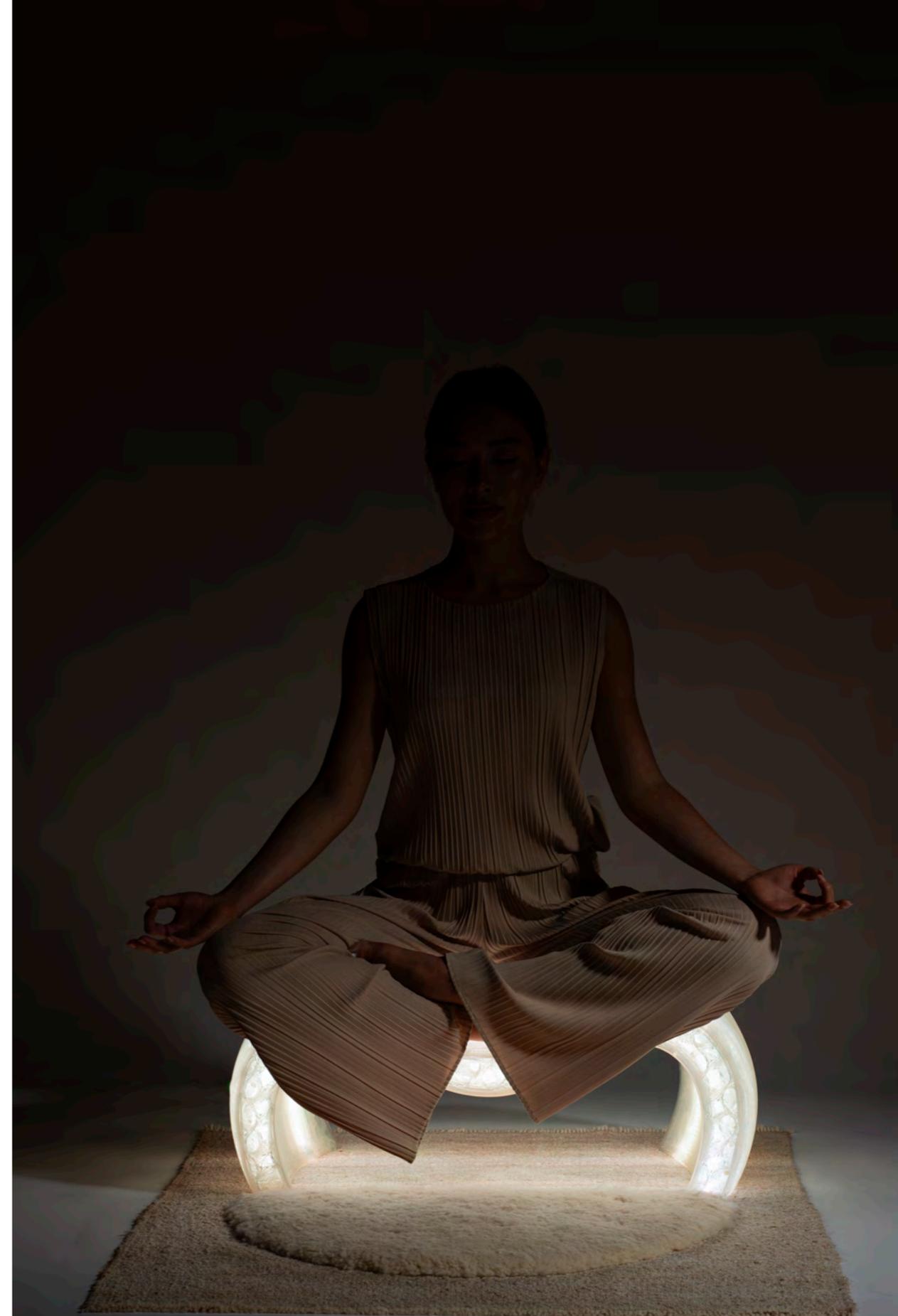
Post-exercise techniques harness the body's natural recovery window to calm the nervous system, improve focus, and restore energy balance.

2. LISTEN: Frequency-Based Cognitive & Emotional Support

Curated sound frequencies guide the brain and body into optimal states for focus, recovery, and emotional regulation, enhancing clarity and resilience.

3. ALIGN: Posture & Flow

Ergonomic, performance-focused furniture promotes optimal posture, enhances breathing efficiency, reduces tension, and keeps the body alert, relaxed, and fully primed for recovery.



SESSION STRUCTURE

1. KEYNOTE - How Sound, Alignment & Recovery reset Performance

The keynote explores how training environments, materials, sound frequencies, and nervous-system science interact to influence focus, recovery, and emotional regulation under pressure.

2. GUIDED ACTIVATION - Dr Arianna Masotti & Sound by Christin Rauter

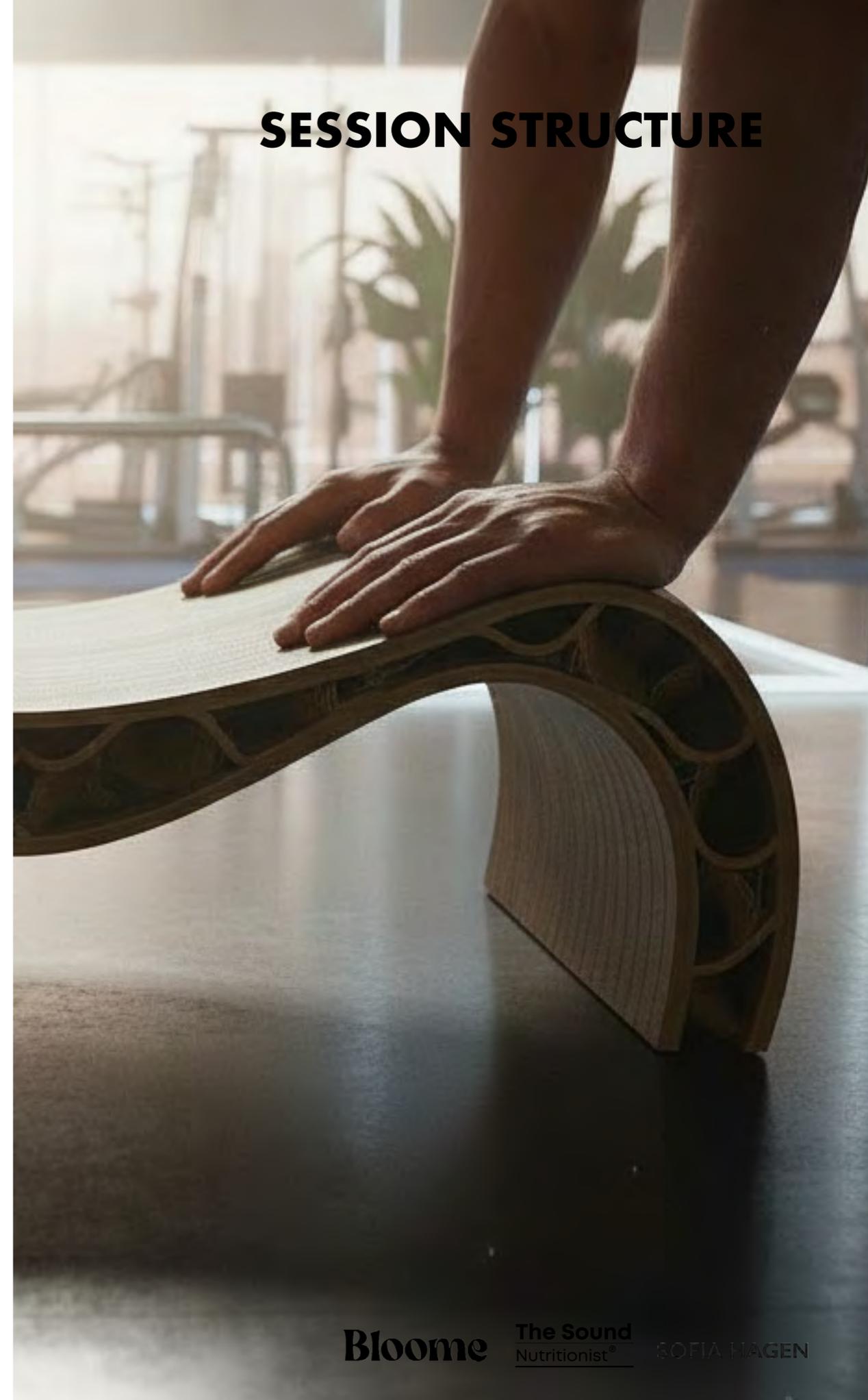
Sonic activation with curated frequencies and harmonics for emotional, cognitive and physiological wellbeing

- **OPTION 1 - EMPOWERING:** Body scan and guided manifestation to quiet the inner critic and strengthen resilience, confidence, emotional regulation, and mental clarity.
- **OPTION 2 - RECOVERY:** A restorative session to increase awareness, identify helpful and unhelpful coping patterns, release tension, and calm the nervous system.

3. PARTICIPATORY EXPLORATION SESSIONS - Sofia Hagen & Christin Rauter, Dr Arianna Masotti

Embodied alignment and emotional reset. Following the group session, participants rotate through curated stations offering holistic tools for self-regulation.

- **HEMPLA POSTURE STATION:** Precision-engineered for optimal posture and support, this meditation seat is 3D-printed from organic hemp and sugar. Opens hip flexors, and enhances presence and sustained mental clarity.
- **VIBRATIONAL TOUCHPOINT:** Mini tuning fork activation sessions - Gentle vibrations applied to specific points on the body to release tension, balance energy, and bring clarity.



THE SERENITY SPACE PACKAGE

Transform any training facility or performance centre into a dedicated recovery and reset zone. The setup remains on site (rental or purchase), offering:

- **Sonic Recovery Station** – Curated sound frequencies to accelerate nervous-system down-regulation, enhance focus, and promote deep recovery
- **Embodied Alignment Zone** – Ergonomic meditation seating designed to support posture, open hip flexors, and optimise breathing, enhancing presence and sustained clarity

OPTIONAL ADD-ONS:

Subscription to a Sonic Menu: A curated library of short sound therapies by Christin Reuter for stress relief, focus, grounding, and creative recharge.

Performance Environment Design Consultation: Bespoke guidance with Sofia Hagen to optimise training and recovery spaces through design, materials, and sensory inputs for maximum focus, regulation, and performance.

Post-Workout Reset: Guided PWT sessions with Dr. Arianna Masotti to harness the brain's dopaminergic window after exercise, supporting emotional regulation, mental clarity, and rapid recovery.

SESSION CONTINUUM



PRICING

SERENITY RETREAT EXPERIENCE

- Introductory Rate - 3h Session: GBP £2,500

SERENITY SPACE INSTALLATION

- Purchase: GBP £5,500
- Rental: GBP £450 per month | £100 per week

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

OPTIONAL ADD-ONS

Performance Environment Design Consultation: USD £150 per hour

Sound Nutrition Session: USD £150 per user

Post-Workout Reset: USD £150 per hour

MEET THE TEAM

SOFIA HAGEN

@sofiahagendesign

www.sofiahagen.com/

London-based Sofia Hagen leads an award-winning creative practice working at the intersection of art, design, and tech, to create wellness-centred Art Installations and Collectible Designs with a sustainable afterlife. The practice has built a reputation for blending high-end design with cutting-edge technology and advanced biomaterial research. Sofia Hagen's practice remains committed to designing for a circular economy to reshape debates on product, consumption and the place of creativity within. Since establishing her design studio, she has completed projects in London, Los Angeles, San Francisco, New York City, Milan, Dubai and across Austria.

Prior to launching her own studio, Sofia Hagen was co-founder of HagenHinderdael, a practice that received critical attention for its use of cutting-edge technology and advanced material research to create high-end design products. A highly versatile practitioner with keen business acumen, she worked from product design to interior and large-scale architectural developments at some of the leading names in the industry, including Zaha Hadid Architects, Heatherwick Studios, Design Haus Liberty, Acme Space, David Collins Studio, Bompas and Parr, and Make. Austrian-Polish, Sofia trained in architectural design under the aegis of Zaha Hadid at the University of Applied Arts in Vienna, where she graduated with a Masters in Architecture in 2008, followed by a traineeship as interior designer at Odile Decq Architects, Paris



CHRISTIN RAUTER @thesoundnutritionist

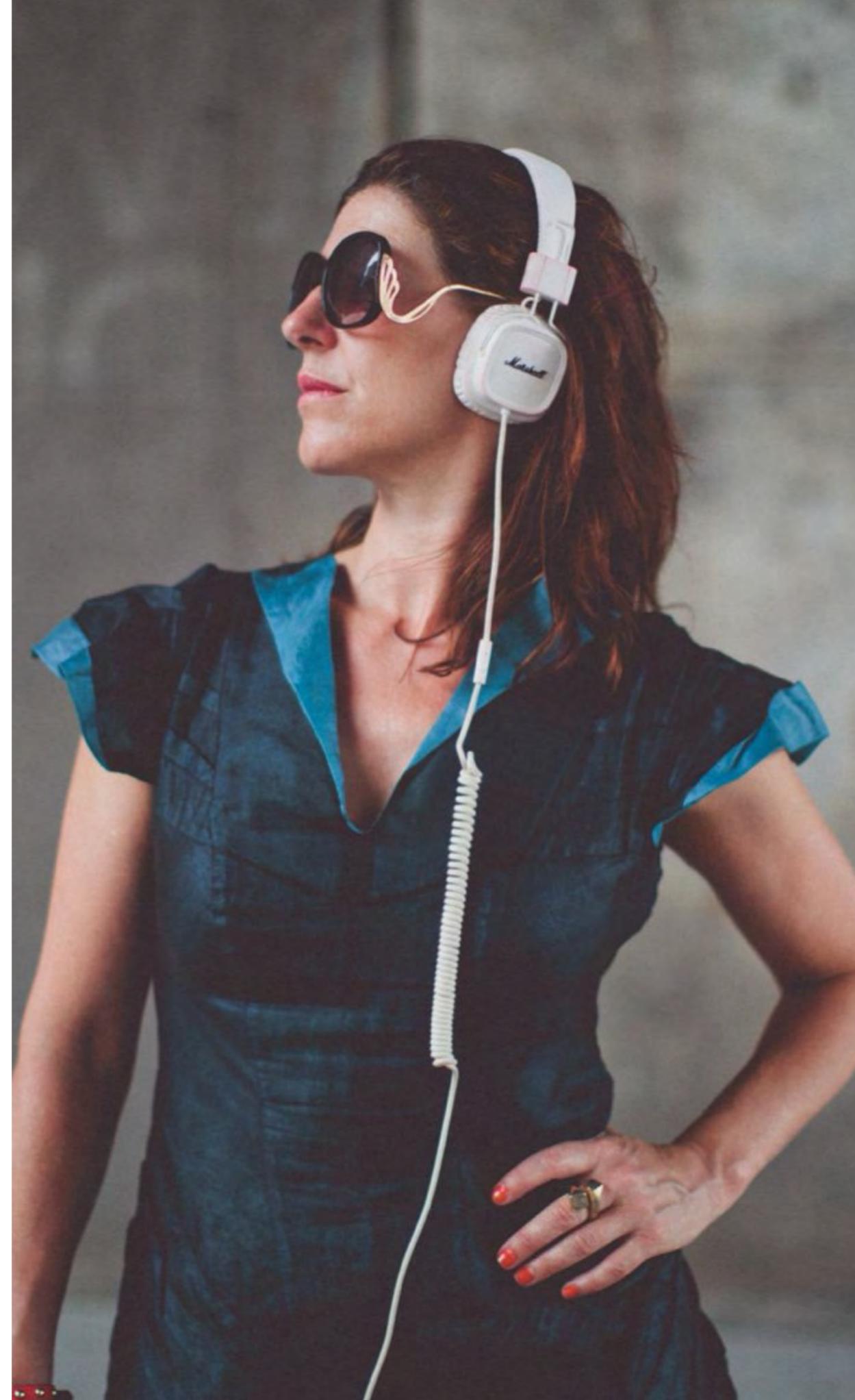
www.thesoundnutritionist.com/

An expert in sound-driven transformation, Christin Rauter is co-founder of The Sound Nutritionist. Blending vibrational therapy, neuroscience, and sound design to deliver immersive experiences, guest talks, and innovative sound solutions.

Christin Rauter is a multifaceted professional in music, psychology, and sound design. Growing up in the natural beauty of rural Austria, she developed a deep connection to movement and sound. Once a concert pianist, she seamlessly transitioned her performance skills into sound design, blending neuroscience with ancient wisdom. With degrees in Music and Psychology, she integrates a deep understanding of human behavior into her sonic creations, using sound to unlock potential and promote well-being.

Leon Jean-Marie has blended his love of quantum physics, neuroscience and music by working as a composer, producer and remixer alongside Christin Rauter at The Sound Nutritionist. After training as a sound engineer, he signed with Universal Island Records, collaborating with industry giants like Mark Ronson, Gorillaz, and Mike Snow to name a few. A decade later, Leon partnered with Christin, and together they began exploring sound and spatial perception, merging science, music, and holistic wellness.

The Sound Nutritionist approach is a unique method of sound creation, where Leon and Christin carefully measure and design sound waves and sonic recipes, tailoring each to the specific needs of the person, project, and collaboration. They craft precise frequencies engineered to deliver transformative experiences, whether for individuals or organizations. This innovative technique ensures that every sound is personalized for maximum impact and effectiveness.



DR ARIANNA MASOTTI @dr.ariannamasotti

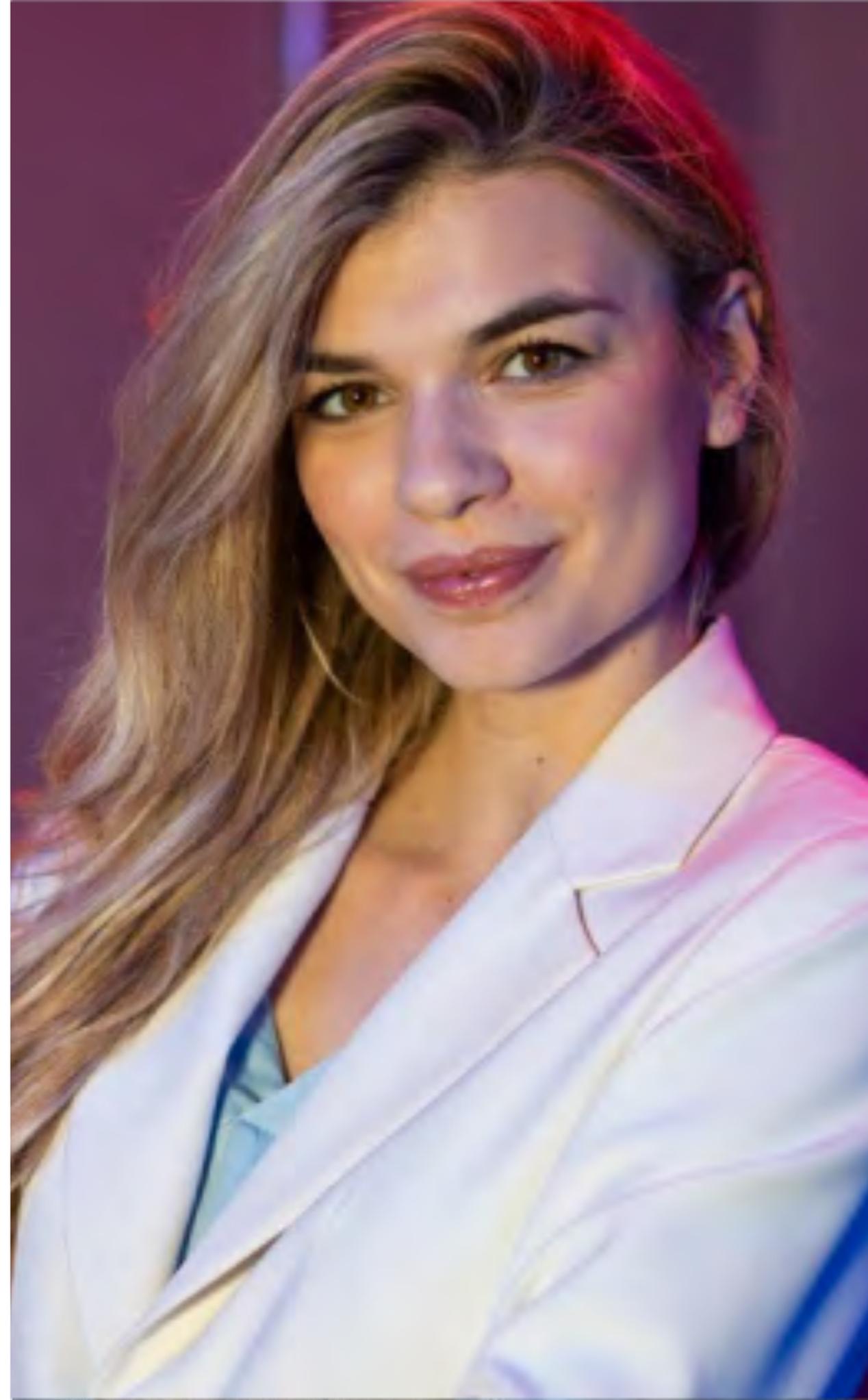
www.bloomewellness.com/

Dr. Arianna Masotti is an HCPC-registered Clinical Psychologist, media expert, and founder of Bloome Wellness and the Post-Workout Therapy (PWT) method – a groundbreaking approach that integrates physical training and psychotherapy to optimize emotional processing within the dopaminergic window following exercise. Her work bridges neuroscience, psychotherapy, and wellness innovation.

She has been featured in international media (Stylist, Women's Health, Marie Claire, Il NewYorkese), attended global conferences (House of Lords, CogX), conducted public speaking events in luxury members clubs and wellness facilities (The Twenty Two, London, The Conduit London, Rowbots London, Flow London, Technogym NYC, Istituto Marangoni London), and coauthored a peer-reviewed academic paper published in the International Journal of Community Music (Intellect Books, 2024). Her professional credentials include registration in Italy and the UK, collaborations with the NHS and Orri Eating Disorder Clinic, Blue tree psychiatric Clinic and academic research at Middlesex University.

Dr. Masotti offers Post-Workout Therapy (PWT) sessions – an innovative blend of psychotherapy and evidence-based coaching designed to harness the brain's dopaminergic window immediately after physical exercise. Each session combines elements of Mindfulness, Cognitive Behavioural Therapy (CBT), Compassion-Focused Therapy (CFT), and Acceptance and Commitment Therapy (ACT) to enhance self-awareness, regulate emotions, and promote sustainable mindset shifts.

The method supports clients in strengthening self-esteem, body image, emotional balance, and career focus, allowing them to translate physical activation into mental clarity and long-term behavioural change. Through this integrated mind-body approach, clients experience measurable improvements in motivation, resilience, and overall wellbeing – making Post-Workout Therapy a transformative step beyond traditional talk therapy.



THANK YOU.

For more information please contact:

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