

# **SERENITY RETREAT EXPERIENCE**

A Kaleidoscope of Sound, Breath & Meditation – IMMERSED IN PLACE



# ALIGN. RECHARGE. EVOLVE.

A CURATED ON-SITE WELLBEING EXPERIENCE THAT  
MERGES DESIGN INTELLIGENCE, SONIC THERAPY, AND  
MINDFUL CREATIVITY





# I. THE SERENITY RETREAT EXPERIENCE

## SESSION STRUCTURE

**14th February | 2-5pm**

### **1. KEYNOTE - "How Sound, Breath & Design Shape Our Inner State"**

- Experiential talk blending science background, micro-practices, and live demonstrations
- Participants feel concepts in real time through posture resets, micro-breaths, and short sonic activations
- Attendees learn how design, materials, sound frequencies and nervous system science intersect

### **2. FUNCTIONAL BREATHWORK** – Elsa Unenge, Certified Breathing Coach and Yoga Teacher

- Interactive breathing exercises to regulate the nervous system
- Improves focus, reduces stress, and resets energy

### **3. SOUND NUTRITION** – Christin Rauter, Sound Coach, Vibrational therapist and founder of The Sound Nutritionist

- Sonic activations with curated frequencies and harmonics for emotional, cognitive, and physiological wellbeing
- Supports clarity, creativity, and deep relaxation

### **4. EMBODIED ALIGNMENT & CREATIVE FLOW** – Sofia Hagen, Wellness-focused Impact Designer & Architect

- Ergonomically crafted meditation seat made of organic 3D printed hemp / wood and sugar that naturally aligns the body, opens the hip flexor and facilitates breathing
- Enhances presence and sustains mental clarity during and after sessions

# SESSION CONTINUUM

## II. THE SERENITY 1:1 SESSIONS

### 15th February | All Day

#### SOUND THERAPY (60min)

Guided sonic sessions led by *Christin Rauter*, using Sonic Body Resonance™, Marma Sonic Therapy™, and bespoke sonic recipes informed by her Neurofrequency™ Method to support nervous system regulation and integration.

To book, email [connect@thesoundnutritionist.com](mailto:connect@thesoundnutritionist.com) and mention the code **RESET**.

#### PRIVATE BREATH COACHING (60 min)

Participants may book a personalised 1:1 breathwork session with *Elsa Unenge* during their stay. Sessions are tailored to your unique breathing patterns, nervous system, and personal goals.

To book, email [elsa@breathcurriculum.com](mailto:elsa@breathcurriculum.com) and mention the code **RESET**.

#### HEMPLA MEDITATION PIT-STOP (20min)

A quiet reset space hosted by *Sofia Hagen*, featuring Hempla – an ergonomically crafted meditation seat designed to naturally support posture and ease the body into stillness.

To book, email [info@sofiahagen.com](mailto:info@sofiahagen.com) and mention the code **RESET**.





## SERENITY RETREAT EXPERIENCE:

A next-generation wellness journey designed for hospitality and retreat settings, blending mindful spatial design, sound nutrition, breathwork, and nervous-system regulation.

Created to offer guests an immediate sense of restoration, clarity, and emotional grounding, this experience supports deep relaxation, heightened awareness, and a lasting sense of renewal—within a single session or as part of a multi-day retreat program.

Science shows that each element - guided breathwork, sonic nutrition, and mindful posture on ergonomic meditation seats - is powerful on its own, yet when combined they **amplify each other**, producing a powerful reset that is immediate, tangible, and long-lasting.

## MEET THE TEAM



**SOFIA HAGEN**

**@sofiahagendesign**

**[www.sofiahagen.com/](http://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/](http://www.thesoundnutritionist.com/)**

The founder of **The Sound Nutritionist™** and vibrational therapist **Christin Rauter** offers **Sound Nutrition™** — a curated, intelligent, embodied system designed to support regulation, recovery, and clear presence. Through her signature approaches — **Sonic Body Resonance™**, **Marma Sonic Therapy™**, and bespoke **sonic recipes** informed by her **Neurofrequency™ Method** — sound is integrated seamlessly into treatments and performance settings. The work is subtle and precise, supporting the nervous system in shifting, restoring balance, and improving resilience, the same way breath or touch can, but often faster — creating ease without cognitive effort.

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.





**ELSA UNENGE @breathcurriculum**

**[www.breathcurriculum.com/](http://www.breathcurriculum.com/)**

Breath Curriculum was founded by Elsa Unenge, a Certified Breathing Coach & Yoga Teacher with a Bachelor's in Behavioral Science from the prestigious University of Lund, Sweden. She specializes in functional breathing aimed at improving mental and physical well-being.

After five years in London, Elsa moved to Los Angeles, where she has made a significant impact by helping individuals and businesses optimize their breathing. Her clientele ranges from Oscar winners and athletes to Fortune 500 companies.

Elsa's knowledge of functional breathing has earned recognition from esteemed medical professionals who have praised her work. She has collaborated with a number of the leading breathwork apps, having previously been the breathwork expert at the mindfulness studio Open in Los Angeles.

Through Breath Curriculum, Elsa helps you discover the transformative power of your breath, enabling you to live a healthier, happier, and longer life.





# THANK YOU.

For more information please contact:

[info@sofiahagen.com](mailto:info@sofiahagen.com)

[connect@thesoundnutritionist.com](mailto:connect@thesoundnutritionist.com)