

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



SERENITY REATREAT 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.

THREE ELEMENTS. ONE HOLISTIC SYSTEM.

Breath opens, sound guides, posture grounds — creating deep focus and emotional alignment.

1. BREATH: The Direct Nervous System Regulator

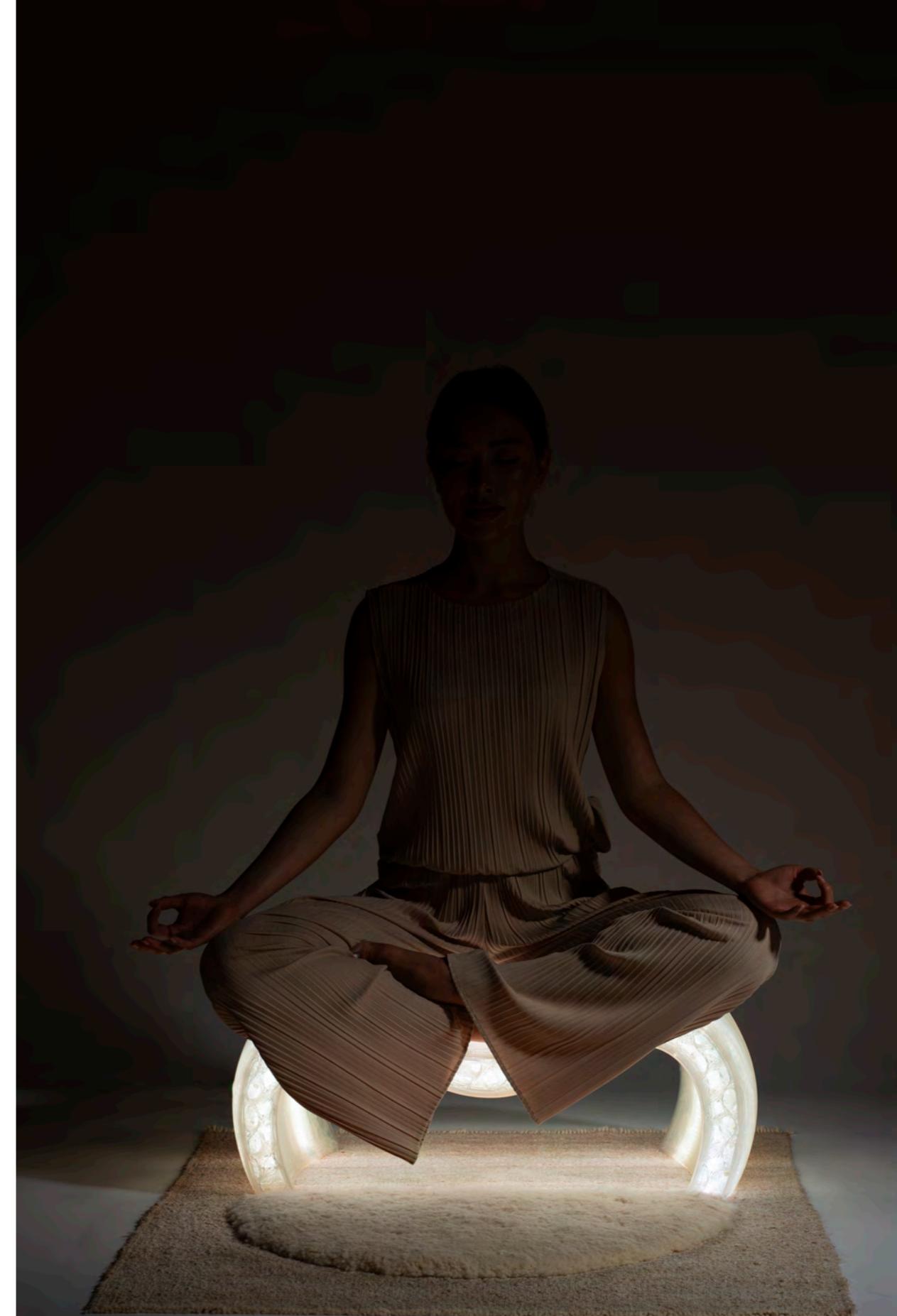
Breath is the quickest way to calm the nervous system. It slows the heart, reduces stress, improves focus, and brings awareness into the present moment.

2. SOUND: Frequency-Based Emotional and Cognitive Shifts

Carefully designed sound frequencies guide the brain into states of relaxation or focus, supporting emotional balance, creativity, and deeper inner connection.

3. POSTURE: Embodied Alignment for Flow and Presence

Aligned posture, supported by unique ergonomic meditation furniture made from organic 3D-printed hemp/sugar, enables effortless breathing and energy flow while reducing tension and keeping the body relaxed, alert, and receptive to breath and sound.



WHY IT WORKS FOR RETREATS

ELEVATE THE GUEST EXPERIENCE

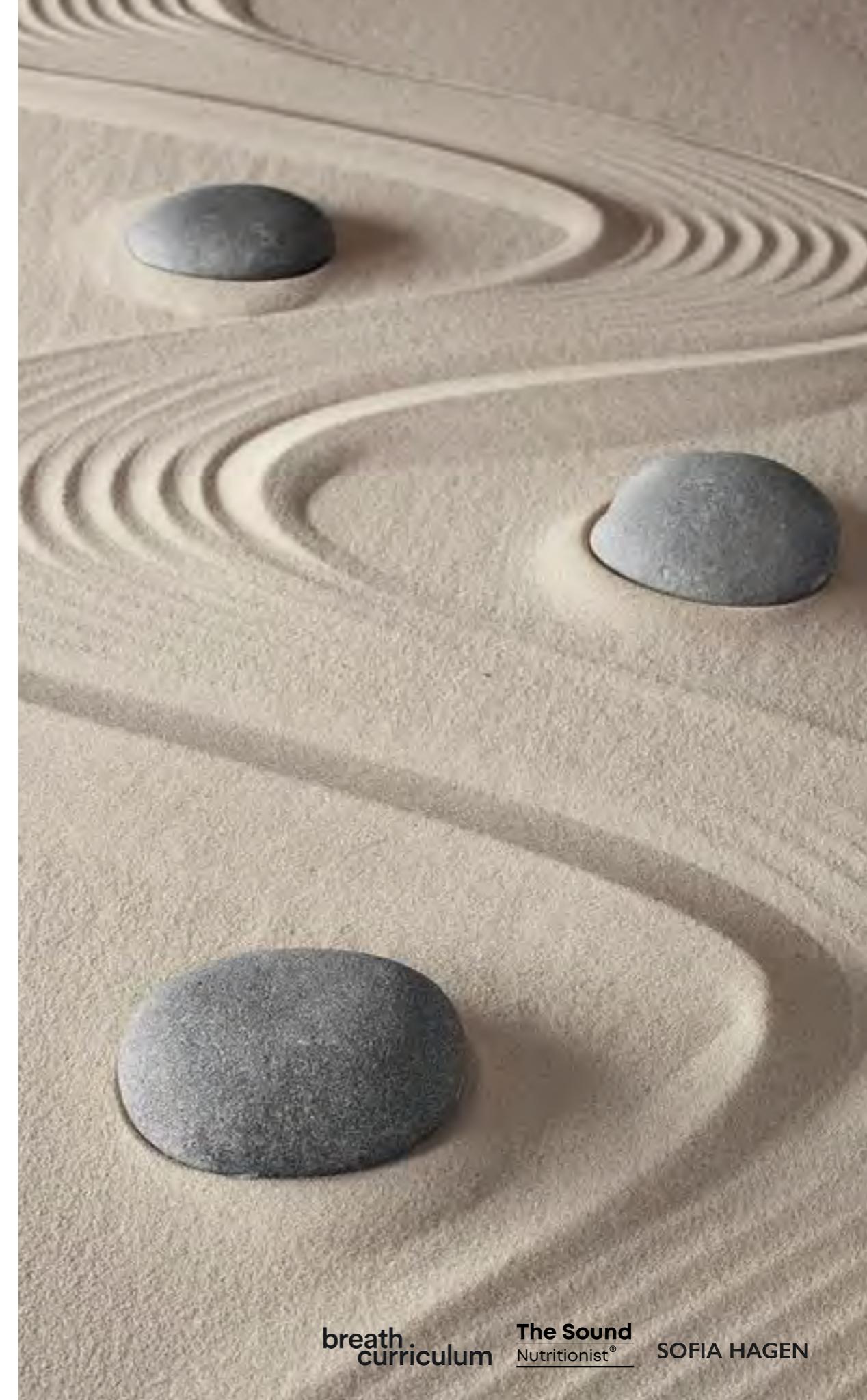
Offers a memorable, sensory-rich wellness ritual that differentiates your property and leaves guests feeling genuinely restored.

SUPPORT DEEP REST & RESET

Regulates the nervous system through breath, sound, and posture—ideal for guests seeking relief from stress, travel fatigue, or digital overload.

CREATE LASTING IMPACT

Guests leave with tools and embodied memories they can return to long after their stay, strengthening emotional connection to your retreat or hotel.



I. THE SERENITY RETREAT EXPERIENCE

A curated, expert-led wellness offering that can be delivered as a standalone session, or part of a retreat schedule:

SESSION STRUCTURE

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 SPACE PACKAGE

Transform a dedicated room, pavilion, spa area, or outdoor setting into a serene micro-sanctuary. The Serenity Space may be offered as a permanent or seasonal installation (rental or purchase), providing:

- Reset space for emotional regulation
- A calm refuge for guests to unwind between activities or treatments
- Sonic station with curated sound frequencies for deep restoration

OPTIONAL ADD-ONS:

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

Bespoke Spatial & Wellness Design Consultancy: Tailored guidance on integrating wellness, calm, and sensory intelligence into guest rooms, spas, or retreat architecture.

The Breathing Library: 30+ guided breathing techniques to support focus, stress regulation, and energy throughout the day

On demand breathing courses: Self-paced online courses to optimise breathing and improve physical and mental performance

SERENITY RETREAT EXPERIENCE

- Introductory Rate - 3h Session: USD 3,000

SERENITY SPACE INSTALLATION

- Purchase: USD \$6000
- Rental: USD \$500 per month | \$150 per week

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

OPTIONAL ADD-ONS

Wellness & Spatial Design Consultancy: USD \$225 per hour

Sonic Subscription: USD \$50 per user / per month

The Breathing Library: USD \$7 per user / per month

On demand breathing courses: USD \$125 per course

MEET THE TEAM

S O F I A H A G E N

@s o f i a h a g e n d e s i g n

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

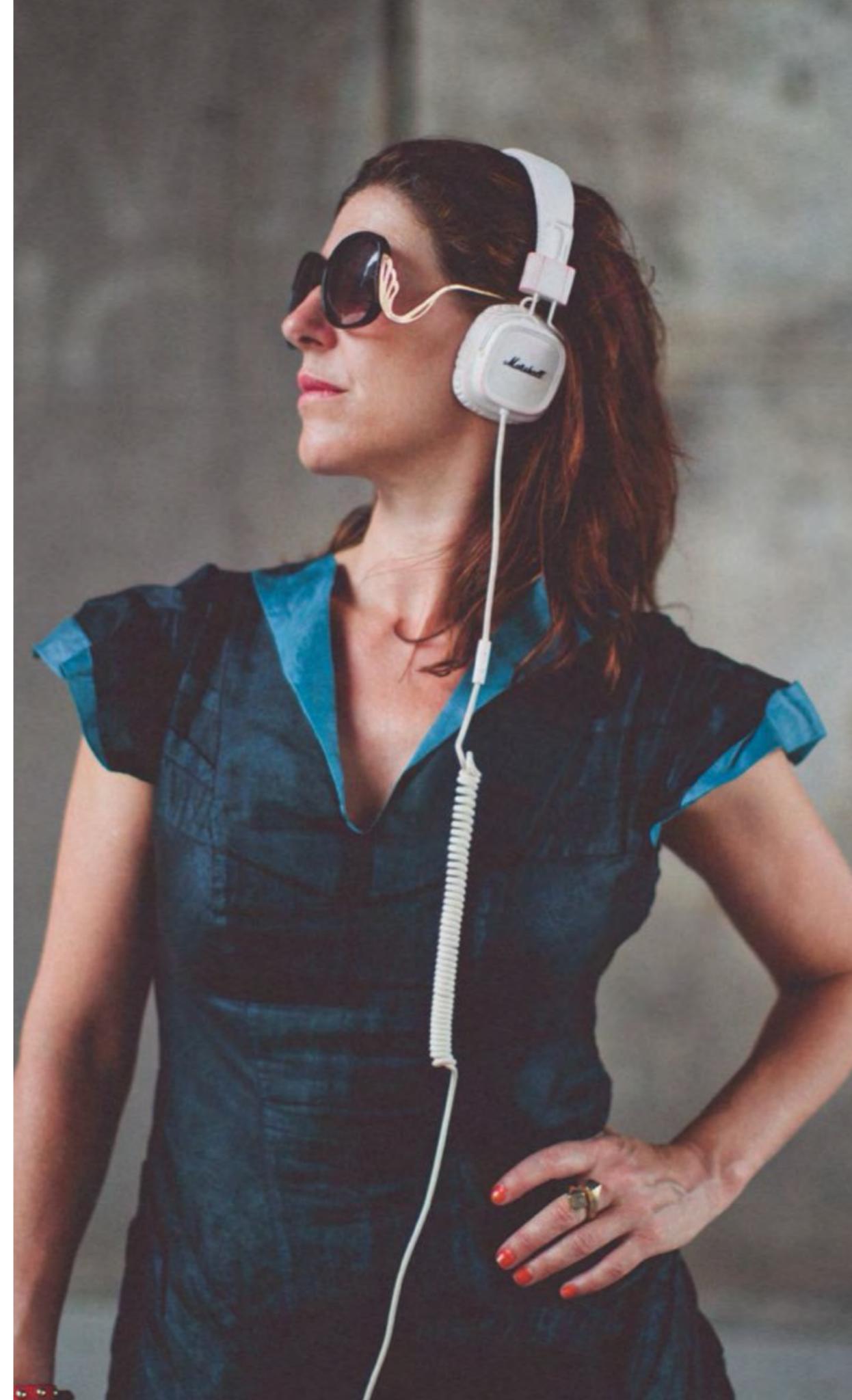
www.thesoundnutritionist.com/

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.



ELSA UNENGE @breathcurriculum
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:

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