



Glendy Young
VIBRATIONAL WELLNESS

SOUND BREAK

CORPORATE WELLNESS

REFRESH MENTAL STATE | ENHANCE AWARENESS



Stress as an epidemic will be one of the most significant challenges businesses face over the next decade—a threat to engagement, productivity, retention and looming health care costs.

Gina Soleil, Huff Post

SOUND BREAK quickly relieves stress and the effect is felt deeply in the body. It provides a reset of your mental-emotional state, brings clarity to the mind, stabilizes the emotions and rejuvenates the physical body. It functions as "tune-up" for the body with sonic vibrations created by live sound instruments. It also helps us connect with ourselves and others.

Many scientific studies reported benefits of sound for our overall well being physically, mentally and emotionally. Some of the benefits experienced include:

- Relief stress and anxiety
- Balance mood swing and emotions
- Improve quality and quantify of sleep
- Restore clarity, enhance cognitive skills and creative thinking
- Increase optimism, relaxation and awareness
- Promote harmonious communication and relating to self and others
- Improve immune system and energy level



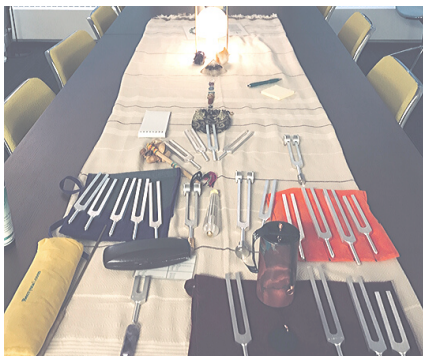
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HOW IT WORKS

Sound has the unique ability to quickly affect the human energetic system by the principle of brainwave entrainment - where our brainwaves synchronize to more coherent vibrations. As we are vibrational being, when immerse in beneficial vibrations, our bodies can leave behind vibration of stress, anxiety, discomfort, worries and other lower vibrations we carry in our physical, mental and emotional bodies.

Immersing in healing sound even as short as 20 minutes can downshift our heightened mental emotional state. Regular exposure can regulate our stress level and improve our ability to handle stress.



THE EXPERIENCE

30-90 min. of meditative stillness created by sound healing instruments including crystal alchemy singing bowls, tuning forks, chimes, shruti box and much more.

Some describe the experience as a sonic massage to the brain and the body.

A session starts with simple breathing and a short guided meditation to prepare the body. We then transition to pure sound. Instead of listening with your ears, you listen with your entire body. All you need is a conference room with chairs. More seasoned and enthusiastic participants may prefer lay down on carpet or yoga mat for a total relaxation experience. .



CORPORATE RELEVANCE

Whether functions like a "coffee break" to refresh state of mind or as openers at the beginning of important gatherings to synchronize the frequency of participants, SOUND BREAK offers the opportunity for increase awareness and perspectives.

Some applications include;

- Leadership Conference
- Corporate Retreat
- Weekly Wellness Offering
- Mid-Afternoon Sound Break
- Team Building
- Team + Client Bonding
- Project Celebration

Sound has been offered at work place as ad hoc event to formal weekly to daily program.



Thank you for your interest in Sound Break, a sonic refresher for your team.

I look forward to demonstrate the power of sound and discuss SOUND BREAK options with you. Together we can identify the most suitable SOUND BREAK set up for you company culture to rejuvenate and bring out the creative power of your team.

Please reach out to schedule a session.
I look forward to meet you.

Glendy Yeung

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When you meditate together, there's a sense of connection you have.
We execute better as a team when we feel connected.

- Jim Barnett, Leader and Co-Founder of tech company Glint