

STRESS AWARENESS VIA GUIDED VISUALIZATION & MUSIC

GVM or Guided Visualization & Music is a reflection of our continuing research in sound, visualization and space.

For the first time in India, such an experience is being offered, at your doorstep!

GVM uses binaural beats & soundscapes metered in specific frequencies and tonalities coupled with emotive visualization to stimulate different states of emotional and mental awareness. While participants go through three sessions of GVM, of 2 hours each, they will be subjected to sound frequencies co-relating to the seven chakras as well as Binaural Beats – sounds in specific frequencies.

Our hypothesis states that listening to Binaural Beats will enhance your learning abilities by super-connecting the two hemispheres of the brain.



BENEFITS OF GVM

- Stress Relief
- An increase in your stress threshold
- A continued feeling of calmness, centeredness and optimism
- Over time, due to a change in hormone levels in your body, you will:
 - Experience greater vitality and look younger than your age
 - Think more effectively
 - Be more creative
 - Possess deeper insights
 - Be more emotionally balanced and expressive
 - Be more congruent in your actions and productivity



WHO SHOULD ATTEND

Anyone who would like to experience healing and rejuvenation

WHO SHOULD NOT ATTEND

Pregnant women
People with cardiac and psychiatric illness

TOTAL NUMBER OF PARTICIPANTS PER SESSION

Not exceeding 16

LOGISTIC SUPPORT

An empty room with carpeted flooring to accommodate 16 participants while lying down

Electrical Backup and plug points

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