

Stress Management Membership Plans

3-month commitment · Billed monthly · 30-day cancellation
All plans include access to every service.

Relaxation Seeker \$100/mo

165 min/month · Stress maintenance + consistency

- ✓ 2x45-min + 2x30-min + 1x15-min
- ✓ 3x45-min + 2x15-min
- ✓ 1x60-min + 3x30-min + 1x15-min

■ **Best for:** First-timers, busy professionals, check-ins

Serenity Explorer \$200/mo

360 min/month · Most versatile lifestyle-driven plan

- ✓ 8x45-min sessions
- ✓ 4x60-min + 4x30-min
- ✓ 6x45-min + 3x30-min
- ✓ 8x30-min + 8x15-min

■ **Best for:** Chronic stress, sleep issues, inflammation

Zen Master \$275/mo

540 min/month · High-support nervous system regulation

- ✓ 12x45-min sessions
- ✓ 2x60-min + 6x45-min + 5x30-min
- ✓ 4x60-min + 6x30-min + 2x15-min
- ✓ 10x45-min + 1x90-min stacked

■ **Best for:** Burnout, autoimmune, high stress, entrepreneurs

Why Join the Shvaas Method?

Chronic stress is not a personality trait. It is a physiological pattern — one that elevates cortisol, suppresses immune function, and keeps your nervous system locked in fight-or-flight.

Stress Is Physiological

Talking doesn't change your cortisol. Targeted physical therapy produces measurable shifts in your autonomic nervous system.

Results You Can Measure

Three NeuralChek HRV scans document your transformation — not just how you feel, but what changed in your physiology.

Benefits Compound

Each week builds on the last, progressively training your nervous system toward a new, more resilient baseline.

Guided Every Step

Your private app unlocks weekly education, guided audio, animated breathwork, and one-tap booking links.

Track Daily with CalmStone

8 chakra colors reflect your stress state in real time. Log morning and evening readings every day of your program.

Perfect for:

- ◆ Busy professionals & entrepreneurs
- ◆ Parents & caregivers navigating burnout
- ◆ Anyone with chronic stress or anxiety
- ◆ High performers building resilience
- ◆ Those healing their nervous system



The Shvaas Method

A 12-Week Stress Reset & Nervous System Restoration Program

12

WEEKS

3

PHASES

9+

MODALITIES

3

HRV SCANS

"Stress you can see is stress you can change."

Enroll Today
803-708-4196

The Modalities

Every Service Has a Purpose

The 3-Phase Journey

01 AWARENESS · Weeks 1–4

Establish your baseline. Receive your CalmStone device, complete your first NeuralChek HRV scan, and experience your first three core modalities — each with a full education module on your nervous system.

- Float Therapy — deep rest, cortisol reduction, magnesium absorption
- Infrared Sauna — hormetic stress, resilience, HRV rebound
- Halotherapy Salt Cave — vagal nerve activation, nasal breath

02 REGULATION · Weeks 5–8

Build your toolkit. Address stress at cellular, neurological, and somatic levels. Midpoint HRV scan at Week 6 delivers your first before-and-after comparison in objective data.

- Vibroacoustic Sound Cocoon — brainwave entrainment to theta
- Red Light + PEMF — mitochondrial recovery, cellular repair
- Hydromassage — somatic release of held muscle tension
- Lymphatic Compression — clears inflammatory byproducts

03 INTEGRATION · Weeks 9–12

Make wellness structural. Design your personal maintenance protocol from your data. Graduate with a full 3-scan HRV comparison report — objective proof of your transformation.

- Zen Den Meditation — zero-gravity chairs, guided stillness
- Long Game Visualization — anchor your future identity
- Graduation HRV scan + 90-day transformation report

■ Float Therapy

PHASE 1 · WEEK 2

1,000 lbs of Epsom salt. Zero gravity, sound, and light eliminated. Your nervous system enters deep parasympathetic rest — often for the first time.

Single sessions measurably reduce cortisol and blood pressure.

■ Infrared Sauna

PHASE 1 · WEEK 3

Infrared wavelengths penetrate tissue directly, building resilience through hormetic heat stress. Post-sauna rebound is one of the most potent recovery states available.

Linked to improved HRV, mood via endorphins, and lower cardiovascular risk.

■ Halotherapy · Salt Cave

PHASE 1 · WEEK 4

Dry salt aerosol clears airways and creates an environment for slow nasal breathing — the primary mechanism of vagal nerve activation.

Every slow nasal exhale directly stimulates the vagus nerve.

■ Vibroacoustic Sound Cocoon

PHASE 2 · WEEK 5

Full-body vibroacoustic therapy guides your brain from high-stress beta to restorative theta through audio and physical vibration.

Many guests experience the deepest rest of their lives here.

■ Red Light + PEMF

PHASE 2 · WEEK 6

40-minute session targeting mitochondrial energy — the cellular root of stress fatigue, brain fog, and chronic inflammation.

Improves sleep, pain markers, mood, and cognitive performance.

■ Hydromassage

PHASE 2 · WEEK 7

Pressurized warm water releases chronic muscle tension and signals physiological safety to the nervous system.

The body processes what the mind has been storing.

■ Lymphatic Compression

PHASE 2 · WEEK 8

Sequential compression clears inflammatory cytokines and metabolic waste accumulated under chronic stress.

Guests report distinctive mental clarity and energy within hours.

■ Meditation Zen Den

PHASE 3 · WEEK 9

Zero-gravity shiatsu chairs remove the barrier to stillness. Guided practice in the most supported environment possible.

Research shows measurable amygdala reduction with 8 weeks of practice.

■ NeuralChek HRV Scan

WEEKS 1, 6 & 12

Three BrainTap HRV assessments document your autonomic nervous system balance — VLF (exhaustion), LF (stress), and HF (recovery).

Graduation report overlays all 3 scans side by side.

Biofeedback & Your Member App

■ CalmStone Device

Every member receives a CalmStone thermal biofeedback device. Held in your palm, it tracks blood flow through infrared sensing and reflects your nervous system state through 8 chakra colors in real time.

■ Red High stress · Fight-or-flight	■ Orange Elevated tension · Alert
■ Yellow Mild stress · Bracing	■ Green Balanced · Parasympathetic on
■ Blue Calm · Nervous system settling	■ Indigo Deep calm · High vagal tone
■ Violet Profound calm · Full recovery	■ White Complete calm · Optimal HRV

Log AM & PM daily in your app. Device is yours after graduation.

■ NeuralChek HRV Scans

Three BrainTap NeuralChek scans at Weeks 1, 6, and 12 measure your autonomic nervous system — VLF (exhaustion), LF (stress load), and HF (recovery capacity). Your graduation report overlays all 3 scans — scientific proof of your 12-week transformation.

■ Private Member App

Install directly to your phone home screen — no App Store required. Private and secured with your account login.

- ◆ Weekly content unlocks — education, audio, breathwork in sequence
- ◆ Professional guided audio for every key session
- ◆ Daily CalmStone logging — 7 days × morning & evening
- ◆ Animated breathing exercises, 5-cycle auto-completion
- ◆ One-tap appointment booking link each week