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COMING YOUR WAY SOON

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# A Sonic Journey



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# LIFE & SOUND ALCHEMY WITH ADNAN VAHANVATY

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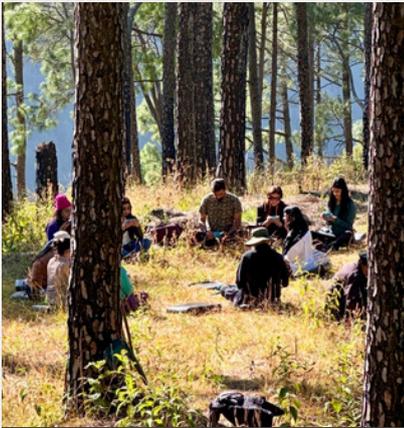
## FOR RETREAT HOSTS & WELLNESS PRACTITIONERS

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**THE ALCHEMIST**



**THE GATHERING**

# THE OUTCOMES

A clearer mind  
A lighter heart  
A brighter smile

*At each space, I hold the moment — not for a performance, not for a lecture, but for a few hours of stillness and resonance.*

*Each gathering is more than a session — it is an alchemical space where sound becomes the medium, silence the teacher, and transformation the natural outcome.*



**Breath & Movement**



**Digestive Meditation**



**Mini Discourse**



**Intention Setting**



**Sound Journey**



**Q&A**

# THE FACILITATOR



**Teacher & Mentor  
LSM + SIP**



**Svaram-Certified Integral  
Sound Healer**



**Founder  
HEAL FARM**



**Founder  
UNLOCK EASE**



**ICF-Accredited,  
Mindvalley-Certified Life Coach**



**Loves  
Ice cream & Coconuts**



## SESSION FLOW

(4 Hours)

### BREATH & MOVEMENT

*Pre-breakfast Somatic priming*

①

### DIGESTIVE MEDITATION

*Post-breakfast clarity and calm*

②

### MINI DISCOURSE

*Insights + practical framing*

③

### INTENTION SETTING

*Personal or collective intent*

④

### SOUND BATH

*Immersive soundscapes*

⑤

### Q&A + REFLECTIONS

*for daily life*

⑥

## THE INSTRUMENTS



*Bull roarer*



*Heart bowls*



*Tuning forks*



*Spark shaker*



*Charcoal flute*



*Ethereal chime*



*Mountain bells*

and more...

*Carefully curated over years, this collection of instruments embody age-old wisdom, scientific precision, and emotional resonance weaving soundscapes that calm the nervous system, soften the heart, and open the way to stillness, harmony, and renewal.*



## VENUE REQUIREMENTS

- **Location access:** 1.5 hours prior for sound check & setup
- **Comfort:** mats, cushions/pillows, eye covers, and light blankets (if required)
- **Silence:** mostly quiet environment with minimal external noise
- **Reflection:** pen & paper for journaling
- **Commercials:** 100% advance payment

## INVESTMENT (INR)

₹38,000 for up to 18 participants +  
₹2,000 per additional participant +  
₹12,000 travel and stay allowance \*

\* Variable, based on the location and mode of travel.

## THE INVITATION

*Let the mind clear; let the heart lighten; let the smile return - unforced, with ease*

*I move with care, carrying intent and a few simple instruments of wonder backed by years of learning, teaching and facilitating.*

*All that is needed is a quiet space: a hall, a home, a retreat, or even a workplace. A few mats, cushions, and the openness to listen. From there, the gathering shapes itself — whether as a private group, a public session, or a retreat offering.*

*If you feel called to host or to join, the invitation is simple: come as you are, and leave with a little more ease.”*

[www.adnanvahanvaty.com](http://www.adnanvahanvaty.com)