

SOUND MIND

Higher frequency for lower stress...a sound investment

Take care of your Talent



www.pranamudracenter.com

You've invested in your team with great care and you want them to reach their full potential.

Sound Mind brings the benefits of focused vibrational mindfulness in to your workplace to alleviate stress, enhance wellbeing and promote positive, profound results amongst your organisation.

“Sound is the profoundest non chemical medication”

Oliver Sacks – Neurologist

The positive physiological effects of sound therapy are backed by scientific proof. Sound has a far greater impact on our everyday lives than we can even imagine. High frequency sound can measurably affect brainwave activity and boost the immune system.

Our atoms, molecules, cells, and organs all have a vibrational frequency and when certain Harmonic Vibrations are introduced to our bodies it can stimulate the Alpha and Theta brain waves, bringing heightened creativity, exceptional insights, enhanced memory and peaceful states of being, thus boosting performance.



“Over 105 million days are lost to stress each year
Costing US Employers 1.24 billion”

– Health and safety executive. 2013/14

SOUND MEDITATION IN THE WORKPLACE = BETTER PRODUCTIVITY = HAPPY TEAM!

Experience the benefits of sound mindfulness

- Reduce stress & anxiety
- Motivate & energise
- Improve morale & employee engagement
- Increase concentration
- Boost self esteem
- Inspire positive behavioral change
- Achieve greater focus and awareness

“Overall job satisfaction in all sectors had plummeted to 41%...employers need to think of new ways to keep their employees engaged. They need to think about career growth in a more holistic way, and give employees opportunities that maximise their skills and their employability moving forward.”

- Claire McCartney, research adviser for resourcing and talent planning at the CIPD

Price available on request.

Contact us on our the website or patbessa34@gmail.com for more details on how Sound Mind can promote wellbeing and harmonious productivity in your workplace.



“If everyone is moving forward together, then success takes care of itself”

- Henry Ford