



SOUND. CONNECTION. COMMUNITY.

Experiences that make room for rest, creativity, meaningful connection, and practical ways to care for the whole person.

Evoke88 brings together immersive sound baths, Reiki, facilitated circles, expressive arts, and accessible wellness education.

We work with community organizations, senior centers, workplaces, studios, private groups, and retreat partners.

A different kind of wellness experience

Food and movement are important. So are relationships, purpose, creativity, and the ways we respond to stress. Our programs bring these parts of wellbeing into everyday life through welcoming, thoughtfully facilitated experiences.



What we offer

SOUND BATHS + OPTIONAL REIKI

Immersive live sound with crystal singing bowls, gong, chimes, glass harp, flute, and gentle percussion. Participants rest comfortably while Reiki is available by choice.

THE SCIENCE & EXPERIENCE OF SOUND + REIKI

An approachable educational workshop with instrument demonstrations, questions, and a 30-minute guided sound experience.

CONVERSATION CIRCLES

Facilitated gatherings that move beyond small talk through thoughtful questions, listening, and meaningful connection. Single events or recurring groups.

EXPRESSIVE ARTS FOR WELLBEING

Welcoming sessions in watercolor, collage, mandalas, and visual journaling. No artistic experience needed.

NUTRITION + HEALTHY AGING WORKSHOPS

Practical education on nutrition, stress, healthy habits, and the many factors that influence wellbeing. Available as presentations or series.

RETREATS + CUSTOM GROUP EXPERIENCES

Programs adapted for women's groups, caregivers, older adults, workplaces, and community or private events.



The people behind Evoke88



Susanne Duato

FOUNDER | NUTRITION + WELLNESS

Susanne is a nutritionist, health coach, wellness educator, Reiki practitioner, and sound healing practitioner with more than 30 years of experience in nutrition, movement, behavior change, and group facilitation. She holds a B.S. in Human Nutrition from UMass Amherst, with additional training in integrative nutrition, hormone health, motivational interviewing, circle facilitation, Reiki, and sound healing.



Jamie McNelis

RN, BSN | SOUND + REIKI

Jamie is a registered nurse with more than 30 years of experience caring for children, adults, and families, including many years at Boston Children's Hospital. Her bedside and leadership experience informs her whole-person approach. She is Reiki Level II certified and Sound Healing Level I certified, and co-facilitates Evoke88 sound and Reiki experiences.



Bring Evoke88 to your community



WHO WE WORK WITH

Senior centers and retirement communities; caregiver and women's groups; libraries and community organizations; wellness studios; workplaces; private groups and retreats.

HOW IT WORKS

We bring the instruments, supplies, and program facilitation. Partners typically provide the space and coordinate registration. Sessions can be tailored to the group, setting, and accessibility needs.

Let's create an experience together

We offer one-time events, recurring series, educational workshops, and customized group experiences. Contact us to discuss your audience, space, and program goals.

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Evoke88 is fully insured. Programs are offered for education and relaxation, not therapy or medical treatment.