

# somadome®

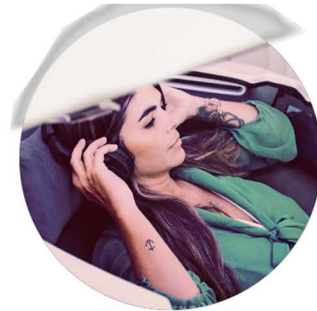
Your Journey to the Present

## THE EXPERIENCE

Inside the Somadome, you can choose your own adventure: a track designed to achieve the brain wave state you want the most—focus, performance, or a mental pick-me-up.



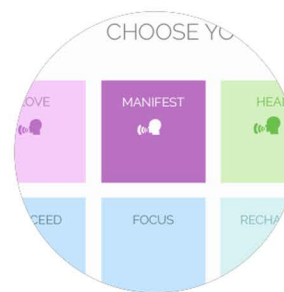
**1** SIT INSIDE AND CLOSE DOME COVER



**2** PUT ON HEADSETS



**3** PICK YOUR INTENTION



**4** SELECT A TRACK



**5** SIT BACK AND ENJOY YOUR JOURNEY

**6** RETURN TO YOUR DAY MORE CENTERED & BALANCED

A BELL WILL CHIME TO INFORM YOU WHEN THE MEDITATION SESSION IS COMPLETE. YOU CAN EXIT AT ANY TIME SIMPLY BY LIFTING THE TOP.

### WHAT IS SOMADOME?

The Somadome is your personal sanctuary, a tool for transcendence. It uses light and binaural beats for a meditation that leads to deep relaxation and calm. (That is to say, don't be surprised if you fall asleep before your session is up.)

### WHAT IS ENERGY HEALING?

The Somadome incorporates ~~Micro-Crystalline tiles to cancel out harmful EMFs like those generated by electronic devices and work together synergistically to create a cocoon of energy that replicates the frequency of a healthy human body and stimulates the free flow of chi or life energy.~~

### WHAT IS COLOR/LIGHT THERAPY?

Light affects us profoundly. It's used to manage our sleep cycles, adjust mood patterns, can affect blood pressure, and stimulate neural activity. Light generates electrical and magnetic fields of energy that are prime activators of biochemical and hormonal processes. The Somadome incorporates Chromotherapy technology by coordinating five different colors with specific intentions to assist in achieving the desired result.

### WHAT ARE BINAURAL BEATS?

A set of two distinct sounds, played together, one through each ear. They don't actually interact, but your brain processes them as an audible illusion; you hear a beat not present in either sound alone.

### HOW DO BINAURAL BEATS AFFECT BRAINWAVES?

Through a process called entrainment, your brain waves may respond to match the waves of an external source. In the Somadome, that external source comes via your headphones.

### WHAT ARE THE PROPERTIES OF EACH BRAINWAVE?

**BETA:** Engagement and Focus  
**ALPHA:** Rest, Reflection, and Meditation  
**GAMMA:** Bliss and Mental Acuity  
**THETA:** Ideation and Insight  
**DELTA:** Deep Rest

TO LEARN MORE AND BOOK YOUR FIRST SESSION PLEASE SEE FRONT DESK