

PRESS HITS

HOW WILL I FEEL? WHAT'S IT USED FOR?

Most people report feeling more aligned, awake, calm, grounded – serene and inspired. People have often emerged with tears in their eyes, having had 'aha' moments. Problems are resolved internally and intuition begins to re-appear. Used for stress reduction, sleep disorders, anxiety and depression, focus and memory, overall wellness.

WILL I FEEL CLAUSTROPHOBIC? DOES IT MAKE ME SLEEPY?

No one reports feeling closed in once inside, and you have full control to stay or leave. There is plenty of light and air flow. You may feel a little sleepy immediately after for a brief moment, but will quickly emerge renewed and closer to a better 'You.'

HOW DO YOU KNOW IT WORKS? *Several research studies underway documenting efficacy of Somadome for athletic performance, mental acuity, depression & anxiety, PTSD, drug and alcohol recovery, and at-risk youth indicate a multitude of data-backed applications exist. Currently seeking FDA compliance. No known contra-indications exist.*

SOME SUGGESTIONS

Not opposed to something more 'spiritual' try

MANIFEST (GUIDED) or **ASCEND (UNGUIDED)**

Feeling overwhelmed & stressed try

ASPIRE (GUIDED) or **RELAX (UNGUIDED)**

Depleted and maybe coming down with something try

HEAL (GUIDED) or **SNOOZE (UNGUIDED)**

Lacking inspiration & needing clarity try

RECLAIM (GUIDED) or **CREATE (UNGUIDED)**

OBSERVER

"TWENTY MINUTES LATER, THE ATTENDANT OPENED THE POD AGAIN, ROUSING ME FROM MY RELAXING, MEDITATIVE STATE. EVEN AFTER IT WAS DONE, I FELT CALM; I GLIDED THROUGH THE REMAINING THREE HOURS OF THE WORK DAY."

NEW BEAUTY

"SOMADOME MERGES ANCIENT HEALING REMEDIES WITH MODERN-DAY TECHNOLOGY. JUST GET INSIDE... CLOSE YOUR EYES, LISTEN TO THE MUSIC AND LET THE LIGHT THERAPY TAKE OVER AS YOU REACH THE ULTIMATE IN ZEN."

BUSINESS INSIDER

"IT DID HELP ME PUSH PAST THE BIGGEST ROAD BLOCK TO EFFECTIVE MEDITATION — THE NAGGING OF THE REAL WORLD."

HAUTE LIVING

"THIS TECHNOLOGY ALLOWS THE PERSON TO EXPERIENCE A PERSONALIZED RETREAT WITH ITS "FULLY IMMERSIVE EXPERIENCE THAT COMBINES ANCIENT HEALING PRACTICES WITH MODERN TECHNOLOGY TO PROMOTE STRESS RELIEF, VITALITY AND MIND/BODY ALIGNMENT."

www.somadome.com

SOMA: the self
DOME: the space

somadome[®]

Your Journey to the Present

SESSIONS MENU

Physical PERFORMANCE & RECOVERY

FIT (GUIDED) This track uses **Theta**, which is associated with heightened receptivity and is the ideal state to reprogram your mind with positive thoughts that assist in changing behaviors. Best used when you are trying to live a healthier lifestyle.

HEAL (GUIDED) This track uses **Delta** to release HGH, which helps to accelerate healing, boost your immune system, and support well-being. Best used when you feel misaligned or have ailments.

RECHARGE This invigorating track uses **Beta, Gamma,** and **Theta** to massage your mind, promote creativity, and relieve tension. Best used as a midday pick-me-up, or at the end of a hard day.

RELAX This replenishing track can be used every day to calm your mind and relieve stress. **Alpha** promotes clarity and restoration. Best used whenever you need a time out.

SNOOZE This track uses **Delta**, which is the brain state of deep sleep to help guide you into a restful state. Beta waves will gradually wake you up. These naps provide a fresh burst of energy and help eliminate the need for caffeine during the work day.

Enhanced FOCUS & CREATIVITY

MOTIVATE This track features the calming sound of ocean waves. **Theta** waves heighten your receptivity to help improve procrastination habits. You will experience increased flow of energy and motivation to be productive.

FOCUS This powerful track uses **Beta, Gamma,** and **Theta** states to help increase energy and mental acuity. Best used to power through your day, mentally prepare for a workout, or get in the zone.

SUCCEED This inspiring track improves your mood and self-esteem. **Theta** states initiate 'big picture' thinking and can help to overcome obstacles. Best used before a meeting or throughout your workday.

CREATE This track helps you unlock your imagination with the use of **Alpha** waves. You will experience improved cognitive functioning a boost of creativity. Best used when you need to feel inspired.

OVERCOME This session is perfect for those struggling with addictions or unhealthy habits. **Theta** states increase energy and metabolism, and can help eliminate self-sabotage. Best used when you must triumph or prevail.

SESSIONS MENU

Attract INTENTIONS & LIFE GOALS

PERFORM Use this session to boost self-confidence and unleash a powerful energy that will help you achieve any goal you set for yourself. Best used before an important meeting or presentation.

MANIFEST (GUIDED) This track is about the law of attraction and the connectedness of our Universe, giving you a renewed sense of peace and guidance. Best used when starting a journey or setting your intentions. **This track contains dogma-free spiritual references.**

LOVE (GUIDED) This track uses **Theta** states to improve clarity, increase charisma, and make you more available for love and connections. Best used when you desire affection for yourself and others.

RECLAIM (GUIDED) This track is the perfect sequel for those who enjoy Manifest. This session delivers the same powerful messages about the law of attraction but from a second person perspective. Best used when resetting your intentions. **This track contains dogma-free spiritual references.**

PROSPER This track uses **Theta** waves set to the sound of ocean waves to reprogram your mind for more prosperity. You will begin to cultivate a more prosperous attitude towards wealth.

Cope with STRESS & ANXIETY

ASCEND This meditation session is perfect for those who have difficulty meditating. Featuring a powerful combination of **Theta, Alpha** and **Delta**, this track will guide you into the extraordinary meditation state known as 'Body Asleep-Mind Awake'.

BLISS This track uses **Theta** waves and music to increase charisma and reduce your fears and ambitions. Expect to feel immense love and sensuality.

CONFIDENCE This track features **Theta** waves with the relaxing sounds of the ocean and subliminal affirmations designed to increase confidence and remove self doubt. Best used when you are feeling uncertain.






ASPIRE (GUIDED) This meditation helps you explore your heart's deepest desires and imagine them being fulfilled. Best used when you need clarity of intention around your desires and the aspiration to fulfill them.

CLARITY (GUIDED) This meditation uses **Theta** and spoken meditation to encourage you to look into your heart to discover the purest, deepest intentions for your life. Theta waves erase thoughts of lack or limitation.


WE INVITE YOU TO TRY ALL SESSIONS
& MIX EM UP BASED ON
HOW YOU'RE FEELING RIGHT NOW.

Ideal 2 - 3 x /week

THE HEALING PROPERTIES AND FREQUENCIES OF EACH BRAIN WAVE STATE

GAMMA		<i>Increases cognition, improves memory, natural antidepressant.</i>
BETA		<i>Increases focus, improves concentration, reduces ADD.</i>
ALPHA		<i>Increases creativity, deeply relaxing, reduces cortisol.</i>
THETA		<i>Facilitates insights, super learning, increases memory.</i>
DELTA		<i>Deeply restorative, accelerates healing, promotes release of HGH.</i>

THE HEALING PROPERTIES ASSOCIATED WITH EACH COLOR

WHITE BEGIN & END EACH SESSION WITH THIS COLOR		<i>Promotes balance, increases harmony, contributes to overall healing.</i>
VIOLET LOVE, MANIFEST		<i>The color of transformation, contributes to renewal and spiritual insights, stimulates immunity.</i>
GREEN HEAL, OVERCOME		<i>Stimulates inner peace, increases immunity, strengthens the nervous system.</i>
LIGHT BLUE RECHARGE, RELAX		<i>Promotes balance, relaxes, improves intuition and sensitivity.</i>
DARK BLUE SUCCEED, FOCUS		<i>Cooling and calming, alleviates stress, helps with speech and communication ailments.</i>

TWENTY 20 - MINUTE SESSIONS