



A Bridge to a Better You

USER FAQs

Somadome is an invitation from yourself, to take a moment to pause, reflect, and go within.

WHAT IS THE SOMADOME?

Somadome is the world's first healing individual meditation space. The 20-minute experience combines ancient healing practices with modern technology to promote stress relief, vitality, and alignment. Our mission is to make the world a more peaceful place by providing a sanctuary of wellness that replenishes the whole person.

HOW DOES IT WORK?

You will be guided through a meditation of your choosing: tracks target a specific goal such as manifest, focus, love or overcoming various obstacles. The experience immerses you in a **synergistic cocoon of healing** that uses LED color and light therapy, binaural beat meditation, and energy healing magnets for optimal restoration. The space also shields from EMF / electronic device emissions, allowing your body's natural alignment to be restored - so please put your phone in airplane mode!

WHICH TRACK SHOULD I CHOOSE?

Each track focuses on a specific need: get focused in the morning, revitalize midday, relax in the evening. Choose what resonates with the current moment, as our needs always change. The 'talking head' icon denotes verbal guidance - those new to meditation may prefer this, while others may prefer an unguided track with just ambient music. All tracks include binaural beats.

(WHO) WHEN + HOW OFTEN SHOULD I DOME?

You can dome any time. Sessions leave you feeling relaxed, replenished or recharged, depending on the session. Mindfulness is a consistent practice. People who dome 2-3 / week have the best results. Any age or health condition can benefit from alignment.

WHAT WILL IT DO FOR ME?

Research has shown that 2-3 sessions / week over the course of four weeks dramatically reduces anxiety and depression in 87% of people studied - across diverse demographics. Additionally, 69% of professional athletes studied reported better performance and recovery, and students and professionals better focus and creativity. Virtually all users regardless of frequency report reduction in stress and a sense of calm after one session.

WHAT ARE BINAURAL BEATS?

Binaural beats are inaudible sounds perceived by your brain, in the setting of listening to stereo musical frequencies through a headset. They guide you into different states associated with various benefits: theta for visualization, delta for deep healing, alpha for relaxed relaxation, etc.

WHAT DOES MAGNET THERAPY DO?

The magnets cancel out harmful EMFs and work synergistically to create a cocoon that replicates the frequency of a healthy human body and stimulates the free flow of chi.