



Immersive Aquatic Sound Therapy

Experience sound in its most profound form. Beneath the water's surface, vibrations travel directly through your body, resonating through bone and tissue to reach your inner ear with extraordinary clarity and depth.

This transformative listening journey is enhanced by gentle aquatic bodywork. Our practitioner provides nurturing support and fluid movements that honour your body's natural buoyancy, guiding you into a state of deep relaxation and surrender. Allow yourself to float, to listen, and to be held in this deeply restorative experience.

08:00 - 08:50

MORNING REJUVENATION

US\$160

Start the day with a rejuvenating morning session composed of three aquatic sound therapies.

CHAKRA BALANCING (15min)

Each day will be focussed on one of the seven Chakras, tailored to their corresponding Solfeggio frequency. The experience combines the core frequency with its multiple harmonics carefully arranged through a rich array of instruments and voice. This layered soundscape is designed to resonate deeply with each chakra's energy centre, promoting balance, release, and realignment through vibrational healing.

Root - increased stability and confidence, the self

Sacral - managing emotions, creativity and sexual energy,

Solar Plexus - strengthening self esteem, will power

Heart - Love and compassion

Throat - Confidence in communication

Third Eye - Intuition, clarity of thought and vision

Crown - spirituality, realising and manifesting.

Following this, each day we will alternate between

NATURE CONNECTION (25min)

Capturing the sonic essence of a variety of environments and created from high quality field

recordings the richness of these natural soundscapes immerse the listener, conjure associative memories and promote inner peace.

Environments: Deep Sea, Meadow, Seaside

and [THE ELEMENTS](#)

Deep listening sessions blending high quality recordings enriched with sound textures and subtle instrumental compositions. Capturing the essence of each element, evoking its energy and symbolic qualities.

Elements: Wood, Metal, Fire, Earth, Water

[ISOCHRONIC BRAINWAVE TREATMENT](#) (10min)

This treatment ends with sound vibrations matching the range of the desired brainwaves. Immersed in the vibrations, the listener experiences neural entrainment, brainwave synchronisation to create a focussed mind state that is ready for the rest of the day.

The frequencies offered:

Alpha waves - Flow state, calm alertness

Gamma waves - higher cognitive functions.

09:20 - 10:00

MORNING MEDITATION

US\$160

Immerse yourself in a meditation session crafted to transport the mind and body into profound stillness. Designed as an invitation to connect deeply with your inner world.

[ISOCHRONIC BRAINWAVE TREATMENT](#) (7min)

We start with a treatment that transmits sound vibrations matching the range of the desired brainwaves. Immersed in the vibrations, the listener experiences neural entrainment, brainwave synchronisation to help enter a receptive hypnagogic state.

Theta waves - Meditation, rest, dreams

[GUIDED MEDITATION](#) (33min)

Each session is accompanied by an immersive soundscape, delicately composed with resonant bowls, celestial gongs, and tuning forks—alongside a symphony of other instruments selected to encourage deep listening and energetic alignment.

Guiding you through this journey is the velvety voice of Matthias Sperling, whose dulcet tones gently lead you into a heightened state of awareness. With thoughtful pacing and subtle poetic

presence, Matthias invites you to explore the interplay between your inner landscape and the world around you.

The meditation sessions will alternate daily between

Active session - deep listening

Interactive session - Invites listeners to vocalise in particular frequencies and vowels corresponding to the chakras in harmonic resonance with the underwater sound vibrations affecting the body.

19:00 - 19:55

EVENING SESSION

US\$160

Immerse yourself in a meditation session crafted to transport the mind and body into profound stillness. Designed as an invitation to connect deeply with your inner world.

ISOCHRONIC BRAINWAVE TREATMENT (10min)

We start with a treatment that transmits sound vibrations matching the range of the desired brainwaves. Immersed in the vibrations, the listener experiences neural entrainment, brainwave synchronisation to help enter a receptive hypnagogic state.

The frequencies offered:

Delta - Deep rest states and regeneration

Theta - Meditation, rest, dreams

INNER- JOURNEYING (45min)

A surreal immersive sonic journey that induces hypnagogic states and facilitates deep relaxation. The sound session includes a combination of sounds from the other sessions with electronic and natural sounds, flowing from melodies to abstract rhythms and away again.

This session is both an artistic experience and a meditative journey that invites dreamscapes and inhabits the zone between wakefulness and sleep.