

RESONANCE

Listen beneath the noise.

A MEDITATIVE SOUND + BREATH EXPERIENCE

Designed for minds that rarely stop. Resonance uses gentle breath, guided awareness, live instruments, intentional silence, and spatial sound to reduce sensory demand and deepen presence. It is not a performance or a passive sound bath. It is a carefully held arc from external noise to internal listening.



THE EXPERIENCE ARCHITECTURE

- 01 ORIENT**
Ground through breath, body awareness, and a clear intention.
- 02 ATTUNE**
Use gentle breathing, vibration, and focused listening.
- 03 IMMERSE**
Move through live sound, layered frequencies, and silence.
- 04 DEEPEN**
Enter meditation, visual imagery, and receptive awareness.
- 05 RETURN**
Integrate slowly and leave with a simple listening ritual.

WHY THE BREATH MATTERS

Breath offers a controllable physiological and attentional anchor. Rhythm, focused listening, and periods of silence can support settling and inward attention. Early observational research on singing-bowl sound meditation reports reduced tension and improved mood after sessions, while the wider evidence base remains emerging.

DESIGNED FOR

Retreats, residences, workplaces, recovery spaces, intimate events, and communities seeking deep rest without disconnection. Available as a 45-, 60-, or 75-minute guided experience.

WHAT PEOPLE LEAVE WITH

Less mental noise. Softer attention. A deeper felt sense of rest. Heightened presence, sensory awareness, and connection without requiring conversation.

Sound fills the room. Silence reveals what was already there.

FACILITATED BY

ZIYAN POPATIA | Guide at Othership | 300+ training hours | 3,000+ people guided

Evidence note: Goldsby et al., J Evid Based Complementary Altern Med (2017), doi:10.1177/2156587216668109; Zaccaro et al. (2018). Restorative experience, not medical treatment.