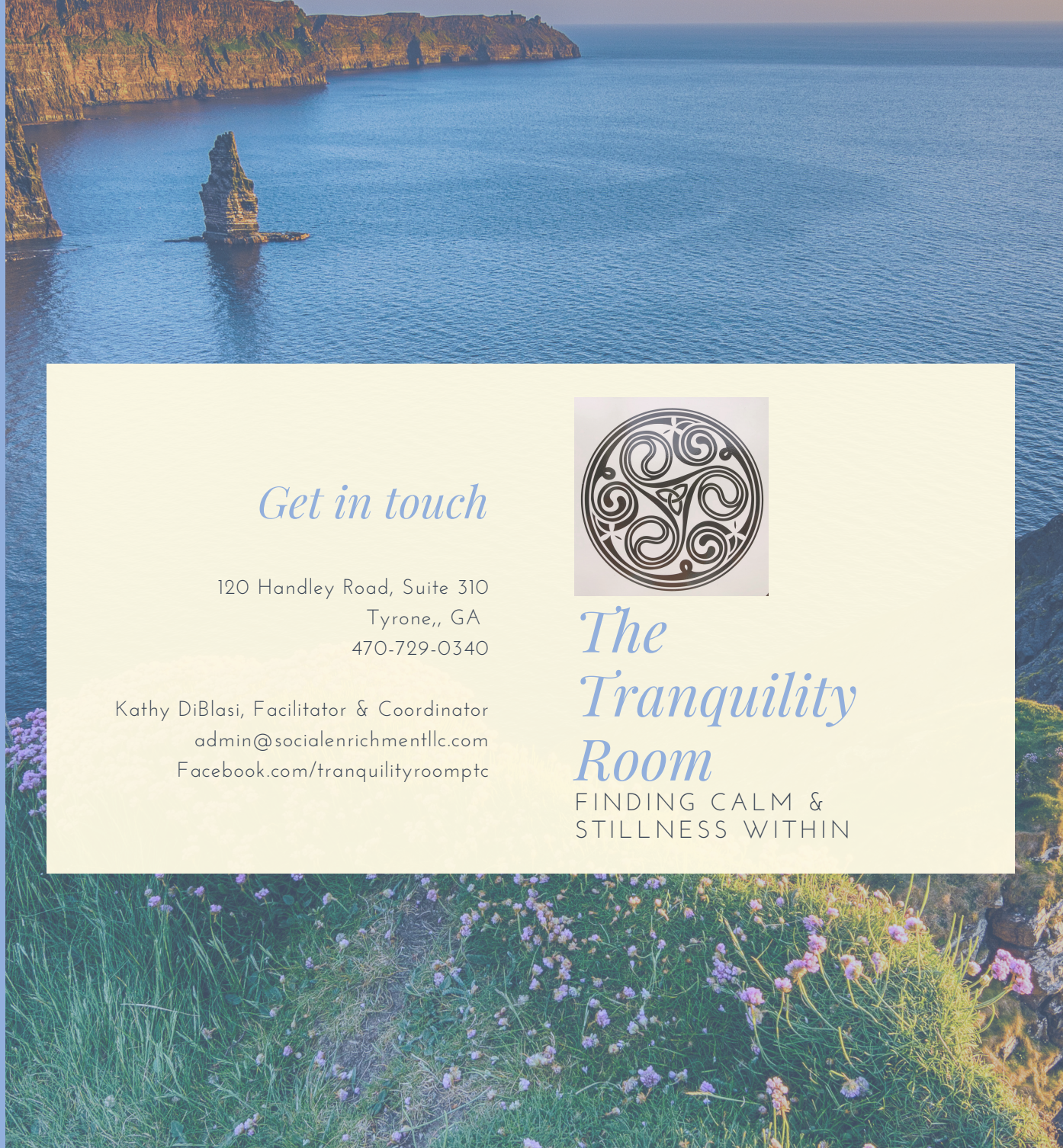




"We often search for calm & tranquility outside of ourselves...when in reality Calm is always found within ~

The Tranquility Room Program can improve performance in our brain by increasing mindfulness. Mindfulness can take many forms and simply stated, it is "being in the moment" ~ not fearing tomorrow or worrying about yesterday. It takes practice to train the brain to be still.



Get in touch

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The Tranquility Room

FINDING CALM &
STILLNESS WITHIN

About Us

This **multi-sensory room** for anxiety and stress relief, plus meditation instruction, is designed to develop healthy mental focus and a positive brain state. The goal is to participate in a program designed to provide various methods for anxiety and negative thinking reduction.

*Program is nine –
30 minute sessions,
designed to be
initially completed
in 6 weeks*

The Experience

ZERO GRAVITY CHAIR

With massage and heat to provide physical relaxation and release

AROMATHERAPY

AUDITORY PROGRAM

- The EMDR Light Stream technique for addressing specific anxieties that manifest physically
- Neural and Subliminal tones that relax the consciousness while installing calming messages to the subconscious and unconscious
- Chakra Tones
- Guided Imagery for practicing mindfulness
- Introduction to Meditation with guidance
- Assignment of a Mantra with meditation instruction to engage in self-meditation practice

MEDITATION CHAIR

For more advanced practice (optional)

COST

\$300 for nine sessions - of 30 minutes each. Professionals who might like to refer can schedule a session for \$30

****Supplier of CBD Oil Products**