



Corporate Nervous System Reset

Sound Healing & Reiki for Workplace Performance and Well-Being

Regulate - Restore - Refocus



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VitaSana Energy Healing



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In Partnership for Corporate Wellness

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CORPORATE NERVOUS SYSTEM RESET: SUMMARY

Stress Management & Performance Optimization Experience for Modern Teams

Today's workforce operates under sustained cognitive load, high decision demand, and constant digital stimulation. Over time, this creates chronic nervous system activation - the biological state commonly associated with burnout, reduced focus, emotional reactivity, and decreased productivity.

When employees remain in prolonged stress response mode, collaboration declines, creativity narrows, and performance suffers.

This Nervous System Reset experience is designed to shift teams from stress activation into regulated, focused, and performance-ready states.

Led by Rachael Jewell, singer/sound healer, and Curtis Knuth, Reiki practitioner and founder of VitaSana Energy Healing, this experience blends live therapeutic sound immersion with reiki, and guided stress regulation techniques and group-based restorative support.

The result is a measurable shift in:

- Mental clarity
- Emotional regulation
- Team cohesion
- Focus and cognitive efficiency
- Overall workplace morale

This offering is designed for:

- Government departments
- Healthcare professionals
- Legal and executive teams
- High-performance corporate environments

In an era where employee well-being directly impacts organizational success, investing in nervous system regulation is no longer a luxury - it is a strategic performance advantage.

ABOUT YOUR PRACTITIONERS

Rachael Jewell

Founder, Celestial Sounds

Rachael Jewell is a classically trained soprano and sound-based wellness practitioner specializing in immersive sound experiences that support nervous system regulation and stress recovery. She holds both a Bachelor of Music and a Master of Music in Vocal Performance from the University of Ottawa, with advanced vocal study in New York City.

Through Celestial Sounds, Rachael facilitates professionally guided sound immersion sessions using crystal singing bowls, vocal resonance, and harmonic instrumentation. Her work focuses on creating structured restorative environments that help participants transition from cognitive overload into states of calm, clarity, and physiological reset.

Rachael holds a Sound Healing Certification from White Raven Sound Healing and is a Reiki Level II practitioner. She provides private, group, and corporate sound experiences designed to support workplace well-being and sustainable performance.

Curt Knuth

Founder, VitaSana Energy Healing Mindset Coach

Curtis Knuth is the founder of VitaSana Energy Healing, and the developer of ERP (Emotional Release Process), a structured method designed to identify and release stored emotional stress that contributes to anxiety, mental fatigue, and physiological tension.

Based in Ottawa, Curt has spent over eight years studying energy-based wellness modalities and stress physiology. Through years of client work, he developed ERP as a systematic approach to help individuals reduce internal stress patterns and restore emotional equilibrium without the need for traditional talk-based processing.

Curt is known for his calm, steady presence and structured facilitation style. His work focuses on helping individuals shift out of chronic stress states and into greater clarity, resilience, and internal stability. In corporate environments, he supports teams and leadership professionals in restoring focus, improving emotional regulation, and strengthening overall workplace well-being.

THE SCIENCE OF STRESS AND PERFORMANCE

Modern workplaces require sustained focus, rapid decision-making, and constant cognitive engagement. While short bursts of stress can enhance alertness, prolonged activation of the stress response system negatively impacts performance, emotional regulation, and collaboration.

The autonomic nervous system operates through two primary states:

Sympathetic Activation (Fight-or-Flight) increases heart rate, elevates stress hormones, and narrows attention. When this state becomes chronic, it can reduce working memory, impair strategic thinking, and contribute to burnout.

Parasympathetic Activation (Rest-and-Regulate) supports recovery, emotional steadiness, and higher-order cognition. Activation of this system — particularly through the vagus nerve — is associated with improved clarity, resilience, and measured decision-making.

How Sound Supports Regulation

Research in auditory neuroscience demonstrates that rhythmic and harmonic sound patterns can influence brainwave activity and autonomic balance. Structured sound immersion encourages shifts from high-alert beta states toward alpha and theta states associated with relaxation and integrative processing.

Consistent, predictable tonal patterns signal safety to the nervous system, helping reduce muscular tension, slow breathing, and decrease sympathetic arousal.

The Role of Restorative Practices

Reiki and restorative touch-based modalities are associated with parasympathetic activation and reductions in heart rate and perceived stress. By supporting physiological calm, these practices help restore internal balance without requiring cognitive effort from participants.

Why Regulation Matters for Organizations

When employees operate from a regulated baseline:

- Focus improves
- Emotional reactivity decreases
- Communication stabilizes
- Decision-making becomes more strategic

As organizations increasingly recognize the link between nervous system health and performance, structured recovery experiences are becoming a foundational component of sustainable workplace success.

VITASANA SPATIAL MAPPING (VSM)

A Precision-Based Cognitive Performance Workshop

In high-performance corporate environments, innovation bottlenecks are rarely caused by a lack of resources. More often, they stem from mental friction — unclear visualization, decision fatigue, and “standardized thinking” that limits strategic range.

When teams cannot clearly see an outcome, they operate in a state of guesswork. This leads to miscommunication, stalled projects, and inefficient execution.

The Solution: VitaSana Spatial Mapping

VitaSana Spatial Mapping (VSM) is a structured cognitive conditioning protocol designed to sharpen spatial awareness — the mental capacity responsible for complex problem-solving, strategic foresight, and detail retention.

Using a guided five-step architectural-style drafting process, VSM trains participants to move from conceptual ambiguity to high-definition mental mapping. Unlike traditional brainstorming, this method strengthens the mind’s ability to organize, visualize, and execute complex ideas before resources are deployed.

Participants develop the capacity to:

- Reduce decision fog and mental friction
- Improve clarity under pressure
- Strengthen detail retention
- Navigate complex systems with greater precision
- Anticipate outcomes before implementation

Workshop Components

The Disconnect Protocol

A rapid mental reset technique designed to reduce internal “noise” and refocus attention.

The Non-Verbal Learning Engine

Training the mind to construct clear internal blueprints for projects, strategies, and workflows.

Spatial Anchoring

Establishing a consistent cognitive baseline that supports confident, precise execution.

Corporate Impact

When teams strengthen their internal visualization capacity, they reduce guesswork and increase alignment between intention and execution. Clearer mental mapping leads to improved communication, faster troubleshooting, and more confident decision-making.

This workshop is not about creative abstraction. It is structured training designed to reduce inefficiency and improve precision.

By the end of the session, participants develop a more organized cognitive framework - allowing them to approach projects with clarity, strategic foresight, and measurable confidence.

OPTION 1: SOUND HEALING AND REIKI

A Structured Nervous System Reset

Duration: 75–90 Minutes

A professionally facilitated group experience designed to guide teams from cognitive overload into physiological regulation and measurable calm.

Session Flow

1. Guided Regulation Meditation Led by Curtis Knuth

The session begins with a guided meditation designed to help participants transition out of active thinking and into a state of grounded awareness.

This portion supports:

- Breath regulation
- Reduction of mental “noise”
- Initial nervous system downshift
- Preparation for immersive sensory experience

Participants are gently guided into a receptive and regulated state before the sound immersion begins.

2. Live Sound Immersion (60 minutes) Led by Rachael Jewell

The meditation transitions seamlessly into a professionally facilitated sound healing experience using:

- Crystal singing bowls, Rhythmic drumming, Chimes, Vocal toning and harmonic layering

Throughout the sound immersion, Curtis provides optional light-touch Reiki to participants. This non-invasive restorative support is delivered respectfully and professionally, helping to deepen relaxation and support parasympathetic activation.

The combined sound and Reiki experience is structured to:

- Reduce sympathetic stress activation
- Lower muscular tension
- Encourage regulated breathing patterns
- Support emotional steadiness

Participants may be lying down comfortably (recommended) or remain seated.

3. Integration & Re-Orientation (10 Minutes)

The session concludes with a contained integration period allowing participants to:

- Gradually reorient, stabilize regulation, and return to work with increased clarity and composure

Intended Outcomes

Participants commonly report:

- Reduced stress and internal tension
- Improved mental clarity
- Greater emotional regulation
- Enhanced focus and workplace steadiness

OPTION 2: VS SPACIAL MAPPING AND SOUND HEALING

A Cognitive Clarity & Nervous System Reset Intensive

Duration: Approximately 2.5 Hours

A dual-phase experience designed to reduce mental friction, improve cognitive precision, and support measurable physiological regulation.

Session Structure

Phase 1: VitaSana Spatial Mapping (60 Minutes) Led by Curtis Knuth

VitaSana Spatial Mapping (VSM) is a guided workshop designed to reduce mental friction and improve clarity in complex work environments. Using a structured mapping process, participants strengthen their ability to organize ideas, navigate complexity, and make decisions with greater precision.

To measure impact, the session includes the **VSM Performance Pulse** — a brief pre- and post-workshop assessment that evaluates shifts in:

- Navigating Complexity
- Mental Friction
- Decision Certainty

The comparison between the before and after generates a measurable precision percentage, rating their individual experience of the effectiveness of the **VSM**

Phase 2: Sound Healing & Restorative Integration (60 Minutes) Led by Rachael Jewell

The second half transitions from cognitive sharpening into physiological reset through immersive sound and restorative support.

The session includes:

- Crystal singing bowls
- Rhythmic drumming
- Chimes
- Vocal toning and harmonic layering

This structured sound progression supports parasympathetic activation, reduces stress load, and allows participants to consolidate cognitive work from a regulated state.

Intended Outcomes

- Reduced mental friction
- Improved clarity and strategic thinking
- Enhanced emotional regulation
- Strengthened focus and cognitive efficiency
- Greater overall team composure

WHAT'S INCLUDED

✓ Pre-Session Planning

- Coordination call with HR or team lead
- Session customization based on group size and environment
- Space and setup guidance

✓ On-Site Professional Delivery

- Two trained practitioners (Sound Immersion + Reiki)
- Complete equipment setup and teardown
- Structured, time-managed facilitation
- Calm, professionally guided group experience

✓ Immersive Sound Experience

- Live crystal singing bowls and harmonic instrumentation
- Vocal resonance designed to support autonomic regulation
- Restorative group Reiki integration
- Carefully sequenced session flow for nervous system reset

✓ VitaSana Spacial Mapping

- Guided cognitive clarity workshop
- Structured 5-step mental mapping process
- Decision-friction reduction framework
- Tools for navigating complexity with greater precision
- VSM Performance Pulse pre- and post-session assessment
 - Measures Navigating Complexity
 - Mental Friction
 - Decision Certainty
 - Generates a measurable Precision Percentage

✓ Post-Session Support

- Optional executive add-on sessions
- Follow-up coordination available

✓ Professional Standards

- Liability insurance coverage
- Formal contract and invoicing
- Clear scheduling and cancellation policy
- All required audio equipment provided

SPACE & PARTICIPANT REQUIREMENTS

Room Requirements

- Quiet conference or multipurpose room
- Space for participants to lie down or sit comfortably
 - *Example: 22 square feet per person.*
- Access to standard electrical outlet
- Option to turn lights off or dim (for the comfort of the participants)
- a quiet space with no loud fans or heaters running

Participant Preparation

- Participants are encouraged to bring: (will be laying down)
 - Yoga mat or comfortable floor mat
 - Pillow
 - Blanket
 - Eye mask
 - Water bottle
 - Journal and pen/pencil

Chairs may be used for those who prefer seated participation.

We need an additional 30 minutes (Approximately) prior to set up the room, and 30 minutes for tear down.

Sound Healing and Reiki *Package & Price List*



Package 1

- Guided meditation
- Live sound immersion
- Light-touch Reiki integration
- 10-minute integration close
- Two practitioners on-site

PRICE: \$1500



Package 2

- 60-minute Vitasana spacial mapping/cognitive clarity workshop
- VSM Performance Pulse assessment
- 60-minute immersive sound healing
- Two practitioners

PRICE: \$2200

Booking Information

To schedule:

- Confirm preferred date and time
- Confirm participant count
- Confirm room type (seated or floor format)
- Sign service agreement
- 50% deposit to secure booking

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