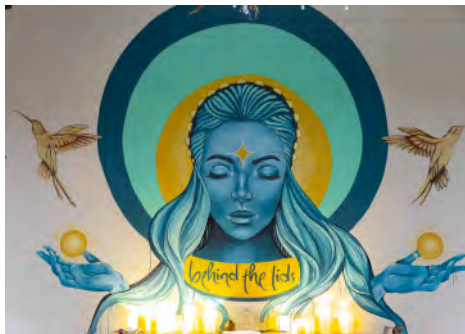




Orange County's Leading Meditation Studio

Helping your team center and transform through sound, breathwork, and meditation.



BEHIND THE LIDS
1733 Monrovia Unit L
Costa Mesa, CA 92627

www.behindthelids.com
www.behindthelidspodcast.com
@behindthelids • 949.478.1575

**Is your team (or entire office) feeling stressed and overwhelmed?
Looking for a powerful way to release tension and cultivate connection?**

Behind the Lids offers customizable experiences to help your employees...

- Feel more relaxed and at ease in their bodies.
- Remove blocks and limited beliefs holding them back.
- Open their minds and hearts to new creative ideas.
- Experience a deeper connection with one another.

Imagine your team feeling safe and secure as they're transported to a new dimension of relaxation... a place where they're able to release the worries of the workplace and allow fresh perspectives to emerge in their uncluttered minds.

SOUND BATH + BREATHWORK + MEDITATION

90 Minute Experience

From the moment participants walk into the space, they are surrounded by a relaxing environment of sights, sounds, and smells. Our certified practitioners begin by inviting each person to light a candle, set their intention for the experience, and lay down on a comfortable mat with a bolster and blanket.

Your team will be guided through a short meditation that encourages them to set aside their stress and open their minds and hearts to increased creativity in their life and work. Next, they will learn a simple breathing technique that moves them from 'fight or flight' to 'rest and restore' and can be used on a daily basis even after this experience. Finally, your team will be surrounded by the sounds of singing bowls, rain sticks, and other instruments that allow them to feel deep relaxation and peace. To increase connection among the team, participants are invited to share about their experience afterward if they desire.

The result...a relaxed team with greater connection to their creativity and to one another.

NOTE: Based on your team's needs, this experience can be adjusted to be shorter or longer in duration and focused on only one of the modalities (sound bath, breathwork, or meditation) if desired.