

somadome®


A Bridge to a Better You


WHAT IS THE SOMADOME?


The Somadome is the world's first meditation pod that combines color, sound, and energy therapies to help reduce stress, improve sleep, stimulate healing, improve mental performance, and much more. You will be guided through a 20-minute meditation of your choosing: tracks target a specific goal such as relax, focus, manifest or overcoming various obstacles.

WHAT ARE BINAURAL BEATS?

Binaural beats are frequencies played through headphones that allow you to quickly and effectively "tune" to your most beneficial brainwave states.

 **GAMMA:** Improves memory. Natural antidepressant.

 **BETA:** Improves focus and concentration.

 **ALPHA:** Deeply relaxing, enhances creativity.

 **THETA:** Facilitates insights and allows for accelerated learning.

 **DELTA:** Accelerates healing. Deeply restorative.

WHAT IS COLOR THERAPY?

Color has been used for thousands of years as a therapy to affect mood and promote healing.

WHITE Promotes balance and harmony.

VIOLET The color of transformation. Promotes creativity and manifestation.

GREEN Stimulates inner peace and promotes physical healing.

LIGHT BLUE Cooling and calming. Alleviates stress.

DARK BLUE Deeply relaxing. Improves ability to communicate.

WHAT IS MAGNETIC THERAPY?

The Somadome uses a low powered magnet to help block out harmful airborne electromagnetic frequencies and to also promote the flow of chi life energy through the body.

Q HOW WILL I FEEL? WHAT'S IT USED FOR?

A Most people report feeling more aligned, awake, calm, grounded, serene, and inspired — often emerging having had 'aha' moments. Problems are resolved internally and intuition begins to re-appear. Used for overall wellness, including stress reduction, sleep disorders, anxiety and depression, as well as focus and memory.

Q WILL I FEEL CLAUSTROPHOBIC? DOES IT MAKE ME SLEEPY?

A There have been no reports of feeling closed in once inside. You have full control to stay or leave. There is plenty of light and air flow. You may feel slightly sleepy immediately after your session for a brief moment, but will quickly emerge renewed and closer to a better 'You.'

Q HOW DO YOU KNOW IT WORKS?

A There have been several studies documenting the efficacy of Somadome for athletic performance, mental acuity, depression and anxiety, PTSD, drug and alcohol recovery, and at-risk youth, indicating a multitude of data-backed applications. No known contraindications exist.

"It takes all the work out of meditation, but preserves all its benefits."

NYLON

"It's a high-tech machine that helps people shed stress that's too often brought on by a nonstop diet of emails, texts, tweets and world events."

