

DEEP WORK LAB
 (Guided Meditation + Silent-Disco Focus)



INVESTMENT:

Single Session: \$800 (90 min, 50 headsets)

Half-Day: \$1800 (two 75-min blocks)

Monthly Series: \$3000 (4 sessions)

Extra headsets: +\$10/ea (to 200) • **+30 min:** +\$300

Capacity: 50-200 participants (headsets scaled).

What it is: 10-min guided reset → 60-90-min silent-disco deep-focus block (binaural/ambient/lo-fi). Near-silent footprint for offices.

Best for: Tue-Thu culture boosts, offsites, L&D sprints, quarterly planning, open-office productivity.

Delivers: Sharper focus, lower stress, visible task progress—without disrupting work.

Channels (3):

- Focus Beta (subtle beta/low-gamma layer; no vocals)
- Deep House
- Lo-Fi/Neutral (gentle instrumentals)

Includes: 50 three-channel headsets + transmitters • curated brand-safe mixes • hygiene kit (covers + wipes) • PA + MC for guidance • safe-volume signage.

Space & tech: Any open area or desk pods • 10'×10' footprint • 1× 120V/20A outlet • quiet lighting scene optional.

Not medical advice • recommend ≤70-75 dBA at ear

+ ADD ON OPTIONS:

- Live Instruments
- 12 Uplights
- Recap Clip
- Décor-Friendly Set-Up

Travel within 50 miles included • 50% retainer to hold date.

Scan to watch reel & hold your date



SCAN ME

↕ SIGNATURE SOUND MEDITATION
 (Guided Meditation + Electronic Sound Bath)



INVESTMENT:

Single Session: \$1000 (60-min)
Half-Day: \$1900 (two 60-min blocks)

Ask About The Traditional Sound Bath

Extra headsets: +\$10/ea (to 200) • **+30 min: +\$300**
Capacity: 20-300+ (PA scaled to room).

What it is: A modern, chair-friendly sound meditation led by Nehemiah—accessible for first-timers; calming, professional tone.

Best for: Mental-health weeks, leadership summits, morning resets before all-hands, DEI/wellness days, retreats & offsites.

Delivers: Calmer nervous system, team cohesion, and a memorable “shared reset” moment.

Program flow (60):

Arrival & grounding (5) → Breath & body scan (10) → Sound journey (30) → Gentle return & reflection (10)

Includes: Pro audio + Wireless mic • warm static lighting scene • pre-event planning call + run-of-show PDF.

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