



Kaivalya Studio

Sound | Art | Yoga

CORPORATE WELLNESS RESET

Science-based wellbeing programs designed for
high-performing professionals.

Helping teams reduce stress, improve focus & prevent burnout
through evidence-based sound therapy, meditation & nervous
system regulation.

WITH ROHINI OBEROI

Corporate Wellness Facilitator

Sound Healing Practitioner | Meditation Teacher



The WORKPLACE REALITY



- **77% of employees** report work-related stress¹
- **76% of employees** experience burnout at least sometimes²
- **It can take up to 23 minutes** to regain focus after interruptions³

Modern work environments demand constant focus, fast decision-making and high emotional resilience.

With stress and distraction at an all-time high, workplace wellbeing must move beyond motivation and toward sustainable mental resilience.

Sources:

¹ American Psychological Association, *Work in America Survey, 2023*

² Gallup Workplace Research, *Employee Burnout Study*

³ Mark, Gudith & Klocke, University of California Irvine, *The Cost of Interrupted Work, 2008*



Why Sound Healing IN THE WORKPLACE



Research has found that sound therapy significantly impacts nervous system regulation.

Specific sound frequencies with guided relaxation positively impact participants' neurology.

This is not about spirituality.
It is about regulating the body and mind
so employees can perform at their best!

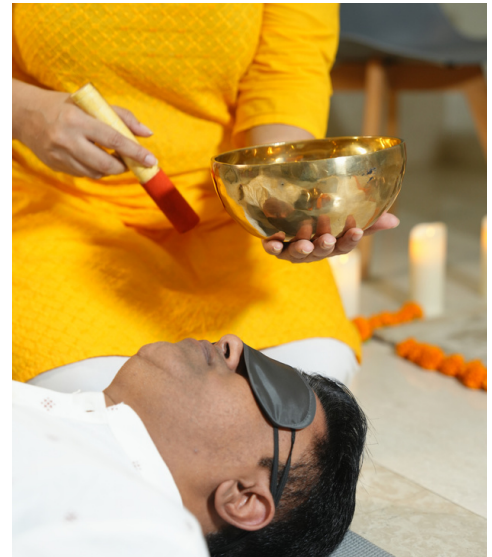
- **Improve focus & cognitive clarity**
- **Increase overall workplace engagement**
- Parasympathetic nervous system activation
- **Reduce cortisol & stress response**
- Support emotional regulation
- Enhance sleep & recovery



Benefits for ORGANISATIONS

Companies that invest in nervous system care often see:

- ✓ Improved employee focus
- ✓ Reduced burnout
- ✓ Stronger team connection
- ✓ Better emotional regulation
- ✓ Increased engagement
- ✓ Support for leadership performance
- ✓ Hybrid workforce support



Companies are increasingly investing in wellness programs as strategic business tools.

Research shows these initiatives improve productivity, reduce turnover and sick days, and deliver measurable ROI, with many employers planning to increase spending in the coming years.



Corporate OFFERINGS



One-Time Corporate Sound Bath

A guided group session to reduce stress, reset the nervous system and restore mental clarity. Ideal after high-pressure projects or during wellness weeks.



Monthly Nervous System Wellness Program

A structured, ongoing program that supports focus, resilience and long-term performance. Includes sound healing and simple tools employees can use daily.



Leadership & Founder Reset Sessions

Small-group or private sessions designed for decision-makers, founders and leadership teams experiencing high cognitive and emotional load.



Customised Corporate Programs

Tailored solutions aligned with your organisational goals, team structure and culture.



How a **SESSION WORKS**



- **Duration:** 60–75 minutes
- **Group size:** Flexible
- **Location:** On-site or offsite
- **No prior experience** required.

Invest in your team's
most valuable asset:
their mental clarity &
resilience.

Each session is designed to be accessible, inclusive and safe for diverse teams.

Session format:

- **Brief introduction** to stress and nervous system regulation
- **Guided breathwork** or relaxation
- **Immersive sound healing**
- **Integration** and practical takeaways

Employees leave feeling calm, focused and mentally refreshed.



ABOUT



Rohini Oberoi is a sound healing practitioner, yoga, meditation teacher and mandala artist with a focus on nervous system regulation for busy professionals.

She specialises in working with corporate professionals, founders and leadership teams navigating high cognitive load and workplace pressure.

Her approach blends science-informed practices with accessible techniques that can be integrated into daily life.

Her work focuses on:

- Stress resilience
- Mental clarity
- Emotional regulation
- Sustainable wellbeing

Book a discovery call
to explore a
customised corporate
wellness solution!

