

'Sensation-al' new development in corporate wellness a sound strategy

A former member of the Ten Tenors, His Holiness the Dalai Lama's official bowl players, a Chinese-Australian Doctor of Music, a unique 'sound sculpture' and a near death experience all weave into the back story of a refreshingly different corporate wellness offering – profoundly soothing, uplifting, therapeutic soundscapes created by high calibre specialists with unusual, captivating instruments from around the world.

With Corporate Wellness, organisations have been breaking out of the box of 'business as usual' and yielding results. Expanding or rearranging their Corporate Wellness mix to include therapeutic sound is a 'sound' strategy backed up by science – well summed up by Joshua Leeds, author of *The Power of Sound* and an expert in the field of psychoacoustics (the study of the effects of sound on the human nervous system), who states that there is more on sound science than ever before, that we know what is happening molecularly, and that in the future what we think of as sound healing will be called frequency medicine.

Even though it's been around for millennia, sound healing is starting to show up as the 'next big thing'. Like meditation and yoga before it, therapeutic sound was once considered fringe but is now proving popular because of its effectiveness. While meditation is increasingly gaining traction in the business world, sound specialist Maia Kshemya explains how therapeutic sound goes one step further. "Sound is deeply meditative and so much more. What's particularly useful for the workplace is that it's an accessible, effortless, enjoyable experience. Participants can't get it wrong, they don't have to 'do', 'learn', 'think about' or 'strive for' anything – just close their eyes, relax, experience the sounds and vibrations, and reap the benefits. It reduces stress, re-balances emotions and enhances alpha and theta brainwaves for creativity – or to put it another way, it de-frags, re-boots, optimises and upgrades.

"While we've been fully aware of the potency and effectiveness of it and we've been offering sound immersions to the general public for many years, it is only recently with more proof from advances in science and the increasingly holistic approach to Corporate Wellness that we decided the time is ripe to extend it into the corporate arena.

"A Sound Immersion we offered at a Carers Queensland Wellbeing Day gives a good example. 70 stressed carers from all walks of life, all different ages, cultures and beliefs participated. It was something arranged for them that most would not have sought out or even known existed. The majority commented they were unsure what to expect but were overwhelmed by deep feelings of peace and relaxation, with one saying it was the most relaxed he'd ever felt in his entire life. Another said he'd tried many different things to achieve peace but the power of the sounds reached him in a way he'd never experienced before. We have seen this sort of response – and even greater – time and again."

Organisations like Google have helped catalyse a surge in corporate wellness programs, and more holistic options are proving themselves. You also know there's change in the air when Business Review Weekly runs articles titled, 'How Meditation Can Help You Get Ahead in Business' (06/2015) and 'Chanting for Well Being' (08/2012).

Ms. Kshemya also has a background in corporate, government and charity sectors, public relations, training, event management and customer relations, further enhancing the sound offering with efficient and professional liaison and delivery. "In what will no doubt become a growth industry, we're very proud to have a proven track record and to offer such a world class corporate experience in Brisbane and beyond."

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Sound Specialists

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bad vibes don't bust you!

Kim Kirkman

Singer, conductor, harpist and former co-owner, music director and member of the Ten Tenors. (Conondale resident & owner of Lift Gallery, Montville.)

[Full bio and sound sample](#)



Grace Hart

Singer and instrumentalist, singled out in Singapore by His Holiness the Dalai Lama's official bowl players, who gifted her their singing bowls and trained her in their use. (Montville resident.)

[Full bio and sound sample](#)



Dr. Nicholas Ng

Chinese Australian Doctor of Music, composer/performer and Music Director at South Brisbane's St. Mary's Catholic Church. (Sydney/Brisbane resident.)

[Full bio and sound sample](#)



Maia Kshemya

Singer, composer, instrumentalist, including the rare, ethereal 'hang' sound sculpture. (Buderim resident.)

[Full bio and sound sample](#)



(Additional sound specialists are being added over time.)