



A structured reset for modern professionals.

THE RESET PROTOCOL

A talk + guided sound experience to help you downshift, reset and return refreshed.



3 PRACTICAL RESET TOOLS

Simple breathwork and techniques you can use anytime.



GUIDED SOUND IMMERSION

Therapeutic sound to calm the mind and support deep relaxation.



RESTORE. RESET. RENEW.

Release tension, improve clarity and return to your best.



60 MINUTES

Your time. Your reset.



A practical pause for busy minds.



WHY THE RESET PROTOCOL

A short note on what makes this different

Most people already know how to breathe or pause.

That is not the problem.

The problem is **consistency** — doing it regularly enough that it becomes second nature.

The Reset Protocol removes the friction.

 Same day. |  Same hour. |  Group-based.

- ✓ No deciding which app to open.
- ✓ No losing motivation in a sea of options.
- ✓ **Just show up.**

Group accountability works.

That regular pause helps delay burnout and builds a practical toolkit that sticks.



And the sound immersion —
It doesn't ask the mind to relax.
It guides the nervous system there — safely and deeply.



Clarity doesn't come from force.
It comes from feeling safe enough to pause.

PROGRAM LOGISTICS

- Up to 50 participants
- Mid-day or after office hours
- Frequency: tailored / pilot-based
- Quiet meeting or wellness space
- Comfortable seating or yoga mats

PARTICIPANT OUTCOMES

- Reduced stress and mental fatigue
- Steadier response under pressure
- Greater awareness of habitual reactions
- Better sleep quality

FACILITATOR

Amrin Murison
Corporate Wellness Facilitator

Holds a Master's in Medical Science from the University of Hong Kong, with a background in functional health.

Now works with individuals and organisations to deliver restorative wellness experiences using guided relaxation, breathwork and sound-based practices.

Pilot option available:
3-month introductory program with feedback to guide scheduling.

CONTACT

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**One hour a week.
Not one more thing.
Just a real reset.**

