



# AMRIN MURISON

- Restorative Wellbeing Experiences  
for the Modern Workplace

Helping employees find a meaningful reset in the middle of demanding workdays

## FACILITATOR BACKGROUND

**Master's in Medical Science -**  
The University of Hong Kong

Sound and voice Healing  
Practitioner

Certified Hypnotherapy training -  
Paul Mckenna

Energy Centres (chakra)  
Practitioner

Reiki, Level 1

Drawing from a background in  
Medical Science, guided relaxation  
and sound-based  
restorative practices, Amrin  
creates experiences that support  
nervous system recovery within the  
flow of modern work.

## ENGAGEMENT FORMATS

- Onsite - desk/conference rooms
- Hybrid
- Off-site full day/ weekend retreats

## CONTACT

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Hong Kong

## SIGNATURE EXPERIENCES

### The Reset Protocol 45-60 minutes

Best For:

Employee Wellbeing awareness, Experiential team  
reset. Practical reset tools. Mid/end of day,

A talk + guided sound experience to help employees downshift  
and support reset.

### Workplace Sound Bath Experience 30-45minutes

Best For:

Stress relief and Mental clarity support  
Quick team breaks, event interludes.

Immersive sound bath with gentle movements and guided  
breathwork

### Calm Team Lab 45-75minutes

Best For:

Wellbeing days, Leadership retreats, Team  
experience

Group sound rituals for connection and collective ease,  
practical breath and grounding tools, gentle movements and  
immersive sound bath.

## OTHER READY-TO-BOOK EXPERIENCES

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### Pop-up Wellness Stations

Drop-in 15-20 minute mini-sessions for quick recharges

### Lunch and unwind

Mid-day guided relaxation sessions

### Desk-Friendly Micro reset sessions

Practical breath and grounding tools for use in a workday

### Full-day Wellness Takeovers

Wellness activities for reset across teams

### Bespoke

Tailored to company needs, office environments, conference rooms or offsite venues with minimal setup

## OUTCOMES FOR ORGANISATIONS

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Supports:

- Focus and mental clarity
- Employee restoration
- Team connection
- Wellbeing culture initiatives
- Stress reduction and nervous system regulation

## SELECT REFLECTIONS

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*"Amrin creates a space where the mind softens instantly. I left feeling centered, lighter and restored"*  
- Talent Development Manager

*"Her sound journey felt like a gentle reset. I walked away calmer, clearer and more grounded"*  
- Corporate Participant

**Available for corporate wellbeing programs, collaborative partnerships,  
and curated practitioner platforms.**