



# SOUND WELLNESS BY CENDRA

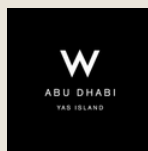


## TRUSTED GUIDE FOR C-SUITE LEADERS TO RESET, REFOCUS & LEAD WITH PRESENCE

Cendra holds an international business degree and has held leadership roles in the Public and Private Sector

Since 2022, she has focused on developing her own practice in Sound Wellness, designing high-impact experiences that help leaders and teams unplug, reset, and enhance mental clarity.

Her expertise has been trusted by executives and organizations in the UAE and Kenya who seek innovative approaches to well-being and performance.





# B2B SOUND WELLNESS EXPERIENCE

## **Premium Sound & Stress-Reset Workshops for high-performing Teams**

Designed for professionals who demand high performance and sustainable well-being, this Executive Wellness Experience blends science-backed methods, immersive sound journeys, and precision mindfulness resets to improve focus, resilience, and clarity in fast-paced, high-stakes environments.

Ideal for leadership offsites, transformative and strategic retreats.

### **Introduction Pilot Workshop | Half-Day Experience**


A cost-effective introductory experience designed to let corporate teams sample the methodology before upgrading to the full Signature offering.

Includes:

- Up to 3 hours of Express-format sessions
- Maximum 60 participants across the 3 hours
- On-site setup, delivery, and logistical support

*Result:* Enhanced energy, mental clarity, nervous system reset, reduced stress and elevated executive presence.





## Session Menu for C-level Executives

### EXPRESS SESSIONS

#### **Express Reset** | 30 minutes

*Experience:* Immersive soundscape to release tension and quiet mental noise.

*Outcome:* Rapid nervous-system reset → restored clarity and sharp focus.

#### **Micro-Reset** | 15–20 minutes

*Experience:* Short, high-impact recharge between meetings.

*Outcome:* Immediate mental refresh, emotional stability, renewed energy.

### SIGNATURE SESSIONS

#### **Signature Sound Journey** | 60 minutes

*Experience:* Deep, immersive sound experience that resets the nervous system and reduces cognitive overload.

*Outcome:* Profound relaxation, sustained calm, enhanced executive clarity.

#### **Signature Breathwork Reset** | 30–45 minutes

*Experience:* Guided breathwork protocol to regulate stress and expand focus.

*Outcome:* Elevated presence, sharper thinking, reduced stress load.

Private or small-group sessions designed to integrate seamlessly into client's schedule.





**TRANSFORMATIONAL WELLNESS EXPERIENCES  
FOR HIGH-PERFORMING PROFESSIONALS**

<b>PILOT WORKSHOP</b>	INTRODUCTION TO SOUND THERAPY Stress Reduction Nervous-System-Reset Mindfulness	60 -90 min session  Up to 20 PAX	<b>AED 1,400</b>
<b>BASIC PACKAGE</b>	PERFORMANCE RESET Stress Reduction Nervous-System-Reset Mindfulness Introduction	60-90min session 2 group sessions within half-day Up to 20 PAX per session	<b>FROM AED 2,800</b>
<b>EXECUTIVE PACKAGE</b>	CLARITY RESET FOR DECISION-MAKERS & TEAMLEADERS Sound Therapy Breathwork	30-60 min session  5 x 1-1 Sessions in 1 Day OR 4 x1-1 Sessions &1 group	<b>FROM AED 4,800</b>
<b>PREMIUM PACKAGE</b>	BURN-OUT PREVENTION Sound Therapy Mindfulness Yoga Breathwork	4 weeks series  Choice of GROUP & 1-1 sessions  1 DAY / WEEK 5 Sessions from 9 am - 5pm Valid 1 month	<b>FROM AED 8,800</b>



# TESTIMONIALS



SOUND WELLNESS  
SOLUTIONS



**Samy Ibrahim** · 1st  
Director of Spa & Wellness

2h

Thank you [Sandra \(Cendra\) Tisun-Lépinoy](#) 🇳🇬 for your amazing sound healing journey which is one of the best I personally have experience, your participation in the WWW event was truly appreciated

Love ❤️ 1 | Reply

Reflecting on our sound massage session, I remember feeling incredibly grounded and at peace afterward. It brought me a deep sense of calm, and I noticed I was sleeping better in the days that followed. I really needed it at that time.

My mind was cleared of the ceaseless chatter that I was experiencing prior to the Sound Massage. Having a private session in the garden definitely added to the allure with the sound of nature playing in the background.

22:08



**Mira Bid** · 1st  
Director at Muthaiga Travel Ltd  
June 4, 2025, Mira was Sandra (Cendra)'s client  
👁️ All LinkedIn members

On

Highly recommend Sandra Tisun-Lépinoy (Cendra - @sound massage kenya) for anyone looking to bring innovative and restorative wellbeing experiences into the workplace.

I have experienced her sound bath session during a recent C-Level retreat and on a one-on one basis and the feedback is outstanding — deep relaxation, mental clarity, and a much-needed pause from the fast pace of work. Sandra's calm, inclusive approach makes it accessible even for first-timers.

Grateful for the experience and looking forward to doing more sessions with Sandra. 🌿 ✨



**Maja Corridon** · 1st  
Director of Spa and Recreation | Luxury Hospitality | Entrepreneur | Lean Six Sigma Green Belt  
October 1, 2025, Maja was Sandra (Cendra)'s client

I had the pleasure of collaborating with Cendra during World Wellness Weekend at Conrad Abu Dhabi Etihad Towers, where she led three fully booked sound healing sessions. Using Tibetan and crystal bowls, a rain pan, and other instruments, she created a deeply transformative experience that left our guests feeling rebalanced, rejuvenated, and uplifted. Her professionalism, passion, and ability to hold space for true healing are remarkable. Beyond her incredible skill, Cendra brings warmth, presence, and genuine care into everything she does. I can't recommend her enough for anyone looking to experience the true power of sound healing.

When I had my session with Cendra, I started off extremely stressed, not only by my own situation but the global picture of tension was playing on me. I was worried about Florida, as it was being battered by a hurricane. The sound healing and vibrations allowed me to resonate on a level where I could clearly see myself in the heart of the hurricane and I held fast. My body became light and strong, just the same as a Toucan's beak and I completely accepted the power of the water washing over me and other people. Everything was as it was meant to be. I relinquished worry over what I could not control and just accepted. It was a powerful and healing experience I am grateful for.

Linz Coulson



12:56

One of the most beautiful experiences I've had connecting to myself. Cendra is an amazing soul and the perfect person to facilitate this awesome experience



13:58