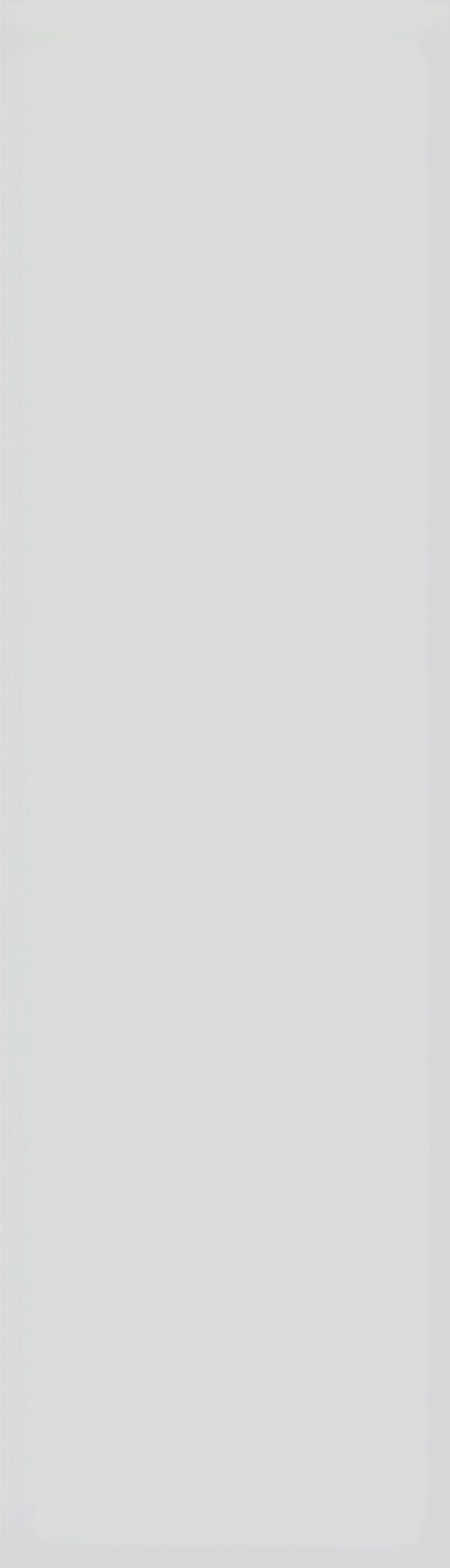




# 360Art&Wellness Day

## in an Immersive Environment

A next-level anti-stress & team connection experience



Our unique combination of SoundHealing, ArtYoga&NeuroGraphica, breathwork, somatic practices, guided meditations, and mantra-based practices, supported by a thoughtfully curated environment with art installations, visual cues, music, and sensory elements, creates a setting where teams can naturally release tension, reset, and shift into a creative, solution-oriented state.

This integrated ecosystem enables a new format of team wellness and collaborative work – one that enhances clarity, emotional balance, and the quality of interaction within the group.

# BENEFITS

- restored energy and inner resource
- gentle reduction of stress and emotional tension
- improved team interaction
- enhanced trust and empathy
- increased motivation and engagement
- clearer thinking and decision-making
- inspiration and a renewed sense of team cohesion



What is

# **360Art&Wellness Day**

?

## 1 Our Clients

- рабочие группы с различными запросами на групповую работу
- компании
- up to 200 person

## 3 Space & Environment

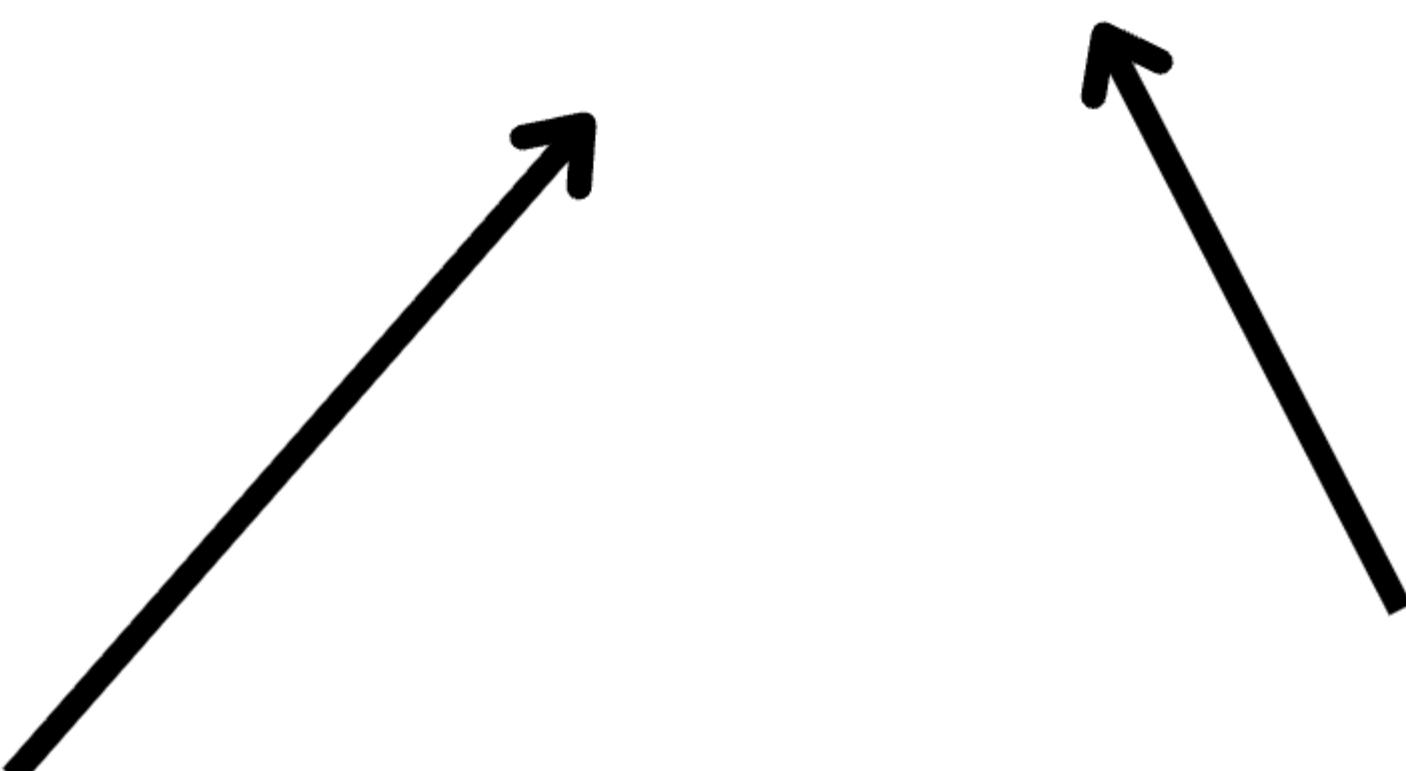
- Exhibition space with art installations and visual elements
- FullDome.pro projection-mapping technologies (fulldome, flat projections)
- Digital art content for immersive visual experiences
- A café zone for informal communication and integration
- Comfortable reflection & relaxation areas
- Options for content customization and brand integration

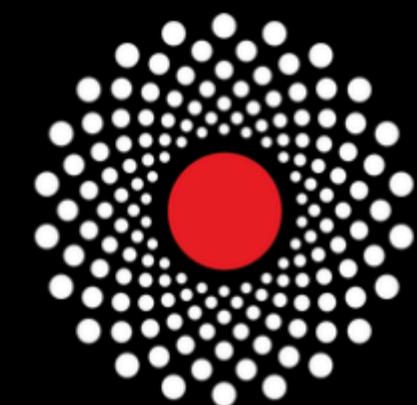
## 2 Our Team

- Professional sound healers & certified art instructors and facilitators
- Guest support staff, café team, and experience coordinators

## 4 Methods & Practices

- **Sound Healing in the Dome** – a 360° audio-visual journey led by professional sound masters and musicians
- **Art-based Sessions** – ArtYoga, creative practices, NeuroGraphica, subconscious work
- **Tea Ceremonies** – grounding, connection, rituals of presence
- **“Firefly Club” Sharing Circle** – a safe space where people gently open up and are heard
- **Guided Meditations, Breathwork, Estatic dance**
- **Group Rituals & Collective Intention-Setting**

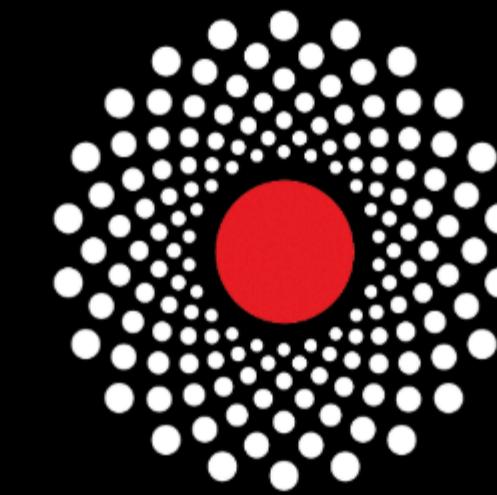




# 360Art Center

Our 360 ArtCenter is a unique immersive space that merges cutting-edge technology, spiritual growth and modern wellness culture.





## 360Art Center

360ART CENTER was awarded the Thailand Tourism Outstanding Award 2025 – one of the highest national recognitions given by the Tourism Authority of Thailand.

This prestigious award, presented by Her Royal Highness Princess Ubolratana, honors organizations that demonstrate exceptional quality, innovation, and cultural value. 360ART CENTER became the only establishment in Chiang Mai recognized in the Historical, Arts & Cultural Attraction category, confirming its status as a leading space where art, technology and wellbeing come together. This achievement reinforces the credibility, professionalism and national significance of the programs we offer to corporate teams.

# Dijital&ArtMusic technologies

We use state-of-the-art Digital & ArtMusic technologies – fulldome projections, immersive light design, AI-generated visuals, and 2D/3D art developed by Fulldome.pro and 360Art Studio – to create powerful, multisensory environments that fully immerse teams in creativity, presence, and emotional reset.



Powered by Fulldome.pro and 360ArtStudio

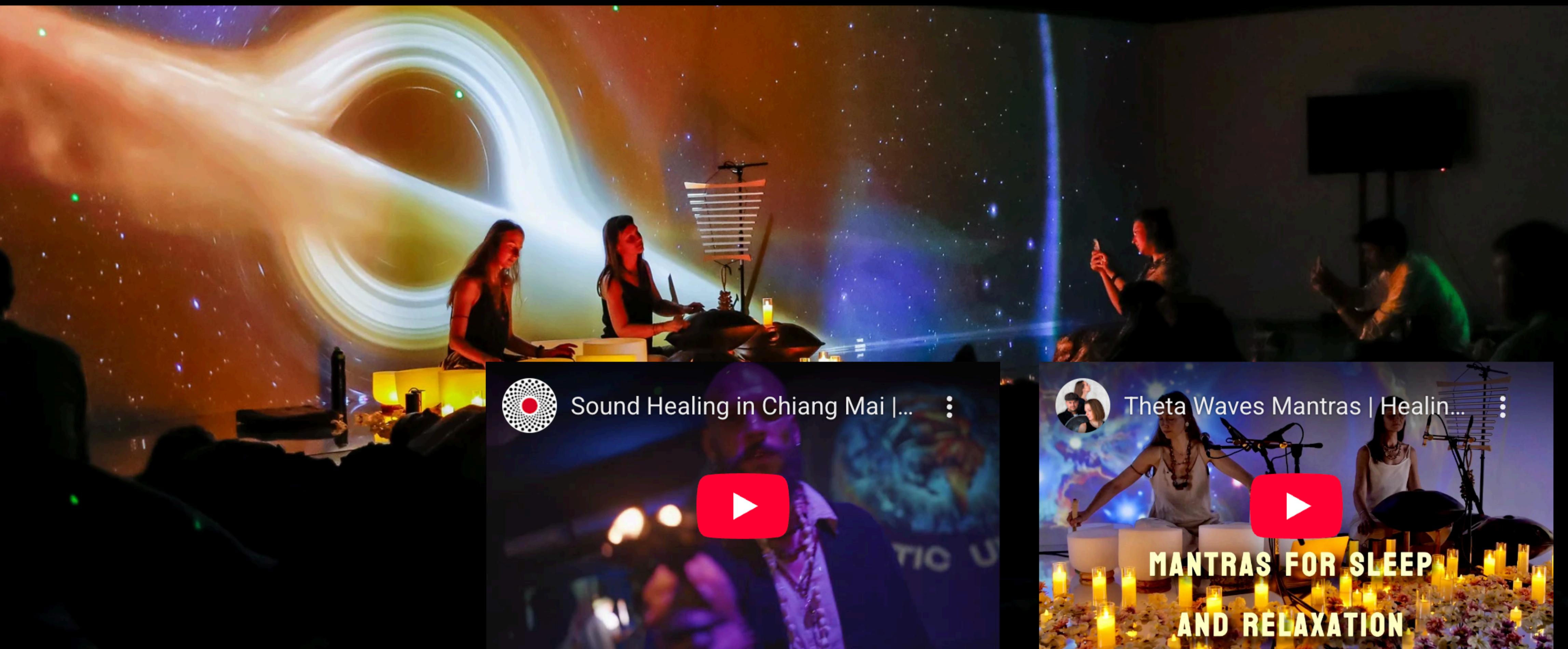
# Group Rituals & Collective Intention-Setting

Our Group Rituals & Collective Intention-Setting create meaningful moments of unity through shared experiences – from the “Firefly Club” reflection circle and mindful tea ceremony to collective mandala creation and intentional shared meals. These gentle community practices help teams slow down, connect on a human level, align intentions, and build trust through presence, dialogue, and ritual. Each ceremony fosters emotional bonding, a sense of belonging, and the feeling of moving forward together as one.



# Immersive Sound Healing

Our Sound Healing sessions combine ancient vibrational instruments with immersive audio technology to create deep, science-informed restorative experiences for teams. Using handpan, Tibetan bowls, mrdanga, voice work and multi-sensory 360° soundscapes, we guide participants into a state of nervous system reset, emotional release and mental clarity. Modern research confirms that sound frequencies activate the parasympathetic system, reduce cortisol, improve focus and support team-wide emotional regulation. Our approach merges tradition and innovation, allowing employees to relax deeply, reconnect with themselves and return to work with renewed balance, energy and presence – making sound healing one of the most effective wellbeing tools in the corporate world today.





# ArtYoga&NeuroGraphica®

Our Art-Yoga & NeuroGraphica® sessions are built on a globally recognized, science-based method used in dozens of countries and practiced by millions of people worldwide.

NeuroGraphica® is a modern neuroscience-supported drawing technique that helps regulate stress, activate creative thinking, improve decision-making and synchronize both brain hemispheres through simple, intuitive graphic patterns. Combined with mindful art-yoga, this method offers a powerful yet accessible tool for emotional regulation, cognitive clarity and team cohesion. It is easy to learn, engaging for any personality type, and delivers visible results even after a single session – making it an ideal component of corporate wellbeing and team-development programs.





# ArtYoga&NeuroGraphica®



# Additional Options

- **Team Facilitation Sessions (5–50 people)**

Deep-dive formats for team alignment, collective clarity, communication improvement, and shared goal-setting.

- **Personal & Group Aesthetic Coaching**

Individual or small-group sessions based on Neurographica and aesthetic transformation methods – for emotional clarity, inner balance, and personal insights.

- **Online Support & Messenger-Based Guidance**

Integration support through group chats, reflective tasks, micro-practices, weekly check-ins, and continuous accompaniment between sessions.

- **Zoom & Online Workshops**

Art-yoga, Neurographica, sound journeys, intention circles, and guided reflective practices delivered fully online.

How do you know if you never try?

# WHO we are?

- We are a global company working at the intersection of immersive visual art, sound, yoga and retreats. For over a decade our team has been researching and developing new ways to support mental and emotional wellbeing through immersive experiences.
- 
- We have been behind pioneering immersive projects such as Samskara and other internationally recognized shows presented at festivals like Burning Man and major venues worldwide. We are also the organizers of long-running yoga festivals and retreats.
- 
- Our 360 ArtCenter is a unique immersive space that merges cutting-edge technology, spiritual growth and modern wellness culture.

# MEET THE MASTERS



**Avadhuta**  
Program Leader & Eastern Philosophy Expert  
A visionary leader with 30+ years of studies in Eastern philosophy, Sanskrit and yogic psychology. Founder of the “Jagannath” vegetarian restaurant network, producer of immersive projects like Samskara and major spiritual festivals. He integrates ancient wisdom, art, and modern experience design into transformative wellness programs for teams.



**Ananga**  
Facilitator, Art-Yoga & Neurographica Master  
An artist and certified Neurographica instructor with backgrounds in pharmacy, fine arts and yoga. 10+ years experience in immersive art, group work and mindful creative practices. Transforms team dynamics through aesthetic, therapeutic drawing experiences that unlock creativity, calm and collective flow.



**Kanika**  
Sound Healing & Immersive Audio Specialist  
Certified sound healer and musician with an engineering background in immersive audio. 15+ years guiding sound journeys, mantra chanting and multi-sensory relaxation experiences. Creates deep acoustic environments that help teams reset, synchronize and restore emotional balance.



**Anantarupa**  
Art Curator & Group Facilitation Specialist  
A facilitator skilled in collective reflection, Vedic psychology and educational group formats. Guides teams through meaningful dialogues, emotional openness and shared understanding. Creates safe, thoughtful spaces where groups reconnect with purpose, trust and deeper team harmony.



**Sankarshan**  
Vedic Psychology & Tarot Expert  
A master of symbolic systems with 15+ years of Tarot practice, Vedic psychology and astrology. Creator of a unique system of Vedic metaphorical cards and deep-insight algorithms. Guides teams through clarity, meaning and alignment using ancient knowledge translated into modern, accessible language.



**Lilavadee**  
Meditation & Art-Yoga Practitioner  
Meditation guide and Bhakti-yoga practitioner with 10+ years of experience. Art-Yoga & Neurographica specialist supporting groups through mindfulness and creative expression. A copywriter and storyteller who brings clarity and emotional depth to team processes.

# Contacts:

360Art Center: 165 Soi Ban Rai 1 Mu 1, Nam Phrae, Hang Dong,  
Chiang Mai, Thailand 50230

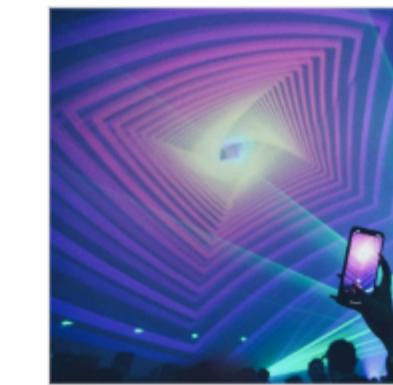
Lead Guide & Facilitator of Transformational Art & Wellness Programs

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FULLDOME SHOWS**

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• Fulldome.Pro / Feb 20, 2023