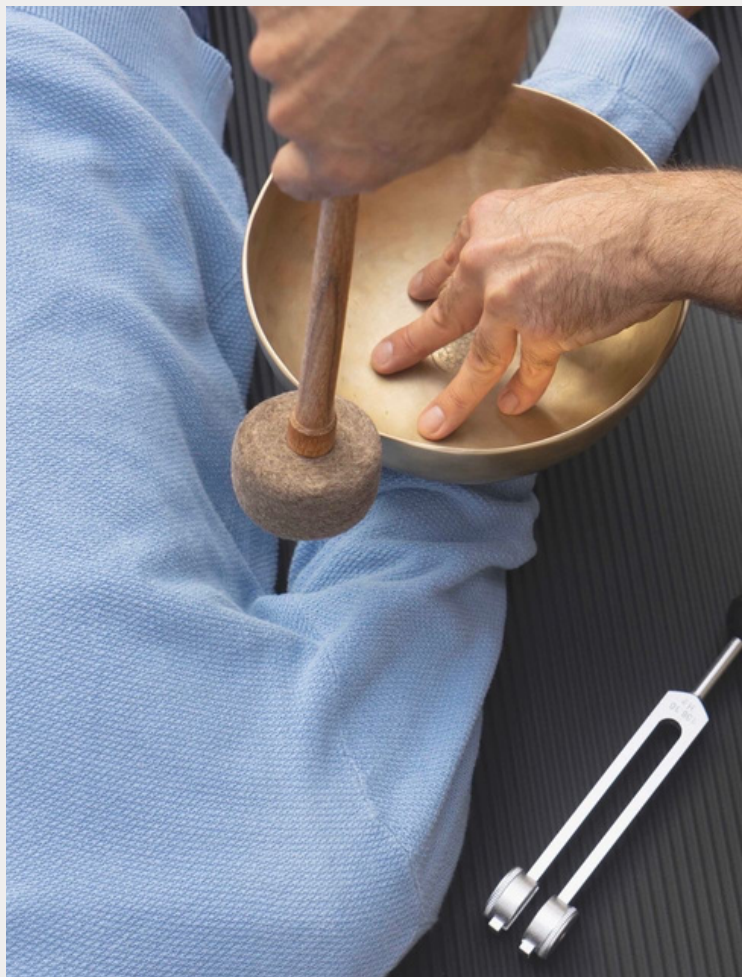


HOLISTIC SOUND / VIBRATIONAL THERAPY

om sound



SYMPATHETIC RESONANCE SOMATIC STIMULATION MEDITATIVE LISTENING



In an ONDO session, traditional vibratory healing instruments (such as large meditation gongs, singing bowls, and tuning forks) are used as the basis, while occasionally enhancing with subtly amplified instruments and soundscapes. The combined elements create an encompassing blanket of sound, **aimed to trigger the bodymind's innate self-healing capabilities**, guiding clients into **relaxed brainwave states** while **stimulating physical & energetic responses at the cellular level**.



OFFERINGS

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1:1 / INDIVIDUALS

Instruments such as Himalayan singing bowls, tuning forks, and meditation gongs are placed around and directly on the body of the client, using acupuncture points and techniques from various sound healing traditions. Private sessions are tailored for each individual's requests, needs and intentions — every new client receives an optional complimentary 30-minute pre-consultation via Zoom or phone.



GROUPS

The group meditation setting is extremely beneficial for the vast majority of individuals, establishing a sense of connectivity and co-regulation with others. Group sessions typically include a guided meditation and potentially some light breathwork. A brief discussion is optional to conclude. Sessions may be arranged at a private location, in nature, or at a wellness studio (dependent on location and availability.)

COLLABORATION

WITH MENTAL HEALTH PROFESSIONALS



Prior to leaving Hong Kong in 2022, I was the primary sound practitioner at *Mindish*, a boutique mental health and wellness clinic in Hong Kong. This role gave me the opportunity to collaborate with and learn from — while holistically supporting individual clients — psychotherapists, nutritionists, and other practitioners. In addition, I worked with the psychotherapist Dr. Julia A. Andre, CPsych, offering 1:1 therapeutic sound as a supporting modality to certain clients who benefited from somatic vibrational work and meditation.

I have long been interested in the crucial role that sound and music play in many traditional healing modalities, which is now being reframed into the western psychedelic-assisted therapy model. More recently, I have been deepening my skill set through trainings and certifications through the **Somatic Psychedelic Facilitator Course** (with Devon Christie, MD, CCFP, RTC & Atira Tan); **MDMA Facilitator Course** (with Jonathan Robinson M.A., M.F.T.); **Zendo Project** (a MAPS-affiliated group for psychedelic support), as well as other ongoing research and education.

As we enter an era of legalization in the US for certain important medicines of healing and spiritual development, ONDO is now offering support and coaching (for preparation, facilitation, and integration) into what it has to offer its clients and collaborators, including psychotherapists, retreats, and other healing practitioners.

PSYCHEDELIC SUPPORT & COACHING



In addition to currently working with several different wellness studios and private clients, I am the sole sound practitioner at two of the Los Angeles Soho Houses (DTLA Warehouse and WeHo).

After launching ONDO in Hong Kong (where I lived from 2012–2022), I collaborated with a long list of private clients, hotels, wellness centers, studios, public institutions, and retreats (where I partnered with other facilitators to create day or weekend long wellness experiences.)

The list of clients in Los Angeles and elsewhere continues to grow after relocating back to the US in late 2022.



CLIENTS / PARTNERS

SOHO HOUSE (HONG KONG & LOS ANGELES) / VILLA AETHER RETREATS / MINDISH / DR. JULIA A. ANDRE (HCPC) / RASA STUDIO
PARIS / VILLA AETHER RETREATS / THE ASTER / INTERLUDE FESTIVAL / ROSEWOOD HOTEL / EATON HOTEL / TAI KWUN
CONTEMPORARY / HIGHLAND PARK YOGA / WEAVE LIVING / IKIGAI / WEST KOWLOON CULTURAL DISTRICT / HONG KONG ARTS
CENTRE / BLOSSOM YOGA / HEART & SOUL YOGA / KINSHIP YOGA / ROUND WILLOW YOGA / THE PARADOR SANTA FE

... AND MANY OTHERS



COMMONLY REPORTED BENEFITS

STRESS REDUCTION

RELAXATION

IMPROVED SLEEP

PAIN MANAGEMENT

REJUVINATION

INCREASED ENERGY FLOW

PARASYMPATHETIC ACTIVATION

ENHANCED MEDITATION

NERVOUS SYSTEM RESET

SOMATIC TENSION RELEASE

INTENTION SETTING

EMOTIONAL RELEASE

CELLULAR STIMULATION

ACCESS TO HYPNOGOGIA





**FOUNDER /
FACILITATOR**

SHANE ASPEGREN

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SHANEASPEGREN.COM**

Shane Aspegren's holistic sound practice combines his multifaceted background as a contemporary artist & musician, alongside 20+ years of advanced trainings, research and practice in a range of healing and wellness modalities: therapeutic sound, yoga (over 600 hours of teacher training including Meridian Yoga Technique), meditation, breathwork, psychedelic medicine support and harm reduction.

As an artist / composer / musician, Aspegren's work has been commissioned, presented, collected, and performed around the world. With his own musical projects and as a collaborator, he has also released dozens of studio albums and performed hundreds of concerts internationally.



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