

CHAKRA HOURS

LIKE "HAPPY HOUR" BUT FOR WELLNESS!

Sound *Reset.*

A few slow, steady sounds can settle your whole body. All you have to do is listen.



01 · YOUR GUIDE TODAY

Nina Mua, *in your corner.*

Founder of Chakra Hours

Creator of The Workday Reset Method and this 12-class curriculum.

Trained teacher

Registered yoga teacher (RYT), focused on workplace wellbeing.

Why this work

Watched good teams burn out without the tools to catch stress early. Built this so you get them sooner.

Every Chakra Hours session is led live by a certified facilitator.



02 · A QUICK CHECK-IN

Where are you, *right now?*

1

Good

Calm and clear.

2

Okay

A bit busy, but fine.

3

Stressed

Feeling the pressure.

4

Overwhelmed

Running on empty.

03 · WHAT TO EXPECT

The easiest class *we teach. Just listen.*

FIRST · A FEW MINUTES

Slow, steady sound.

We do it together before any talking. I play it, your body settles, you feel what it does.

THEN · ONE IDEA

How sound reaches you.

It changes how calm or alert you feel, before your mind even gets a say.

AND · A SOUND YOU MAKE

Humming.

A long, soft hum on your breath out. The most private calm tool there is, always with you.

04 · PRACTICE ONE · SOUND RELAXATION

The sound *does the work.*

Three small steps. The only job is to let a slow, steady sound carry you down.

STEP ONE

Settle

Feet on the floor. Shoulders down. Eyes soft or closed. Get ready to receive.

STEP TWO

Listen

Let the sound come to you. Don't chase it. Let it wash in, like warm water over your hands.

STEP THREE

Softening

With each slow tone, let one more thing loosen. Your jaw, your shoulders, your breath.

PRACTICE · ONE · SOUND RELAXATION

Sound Relaxation.

Eyes soft, or closed. I'll play the sound. You just listen.

01

Settle.

Feet down, shoulders soft. One slow breath out.

02

Listen.

Let the sound come to you. Don't chase it, just receive it.

03

Softening.

With each slow tone, let one more thing loosen and let go.

05 · WHAT THAT JUST DID

A few minutes, *and you settled.*

Three real things just happened, right inside your body.

YOUR BODY READ IT AS CALM

A slow, steady, even sound has nothing sharp to react to. So your body eased off, all on its own.

YOUR BREATH SLOWED DOWN

You probably didn't try to. Your breath quietly fell into step with the steady sound.

YOU GOT TO SIMPLY RECEIVE

No counting, no technique. You just listened. That's why sound is the easiest way to relax.

06 · SIGNS OF A TOO-LOUD DAY

When the day *has been too loud.*

01	Can't wind down	<i>Even at home, you just can't seem to settle.</i>
02	Noise feels like a lot	<i>The open office, the chatter, the pings.</i>
03	Tired ears	<i>Like they've been working all day.</i>
04	A little jumpy	<i>Small sounds make you flinch.</i>
05	Worn out, but wired	<i>Tired all over, but your mind won't go quiet.</i>
06	Craving quiet	<i>You find yourself longing for some silence.</i>

07 · HOW SOUND REACHES YOU

Your body reacts *to sound, all day.*

A SHARP, SUDDEN SOUND

Puts you on alert in an instant. A door slamming, a phone buzzing, a raised voice. Useful when something really needs you.

A workday is full of these.

A SLOW, STEADY SOUND

Tells your body all is calm, so it relaxes. Gentle rain. A quiet, low voice. A long, even tone.

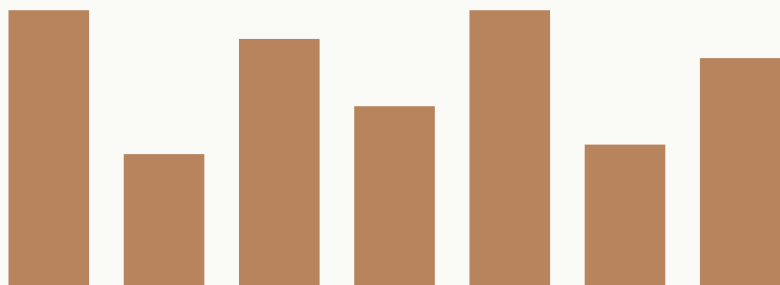
You can hand your body this one on purpose.

08 · THE PICTURE TO REMEMBER

A calm sound *settles you.*

Your body settles toward the sound around it, the way a calm voice settles a child.

LOUD, BUSY SOUND



Leaves you tense and scattered.

SLOW, STEADY SOUND



Your body settles to match it.

The sound in a room is never neutral. The good news: you get to choose it.

09 · PRACTICE TWO · HUMMING

Become the *steady sound.*

WHAT IT IS

A long, soft hum.

A low hum on your breath out, on 'voo' if it helps. No right note. Lower tends to feel calmer.

WHAT IT DOES

Two calm things at once.

It makes your breath out long and slow. And you feel a gentle, even buzz, the kind your body finds soothing.

WHY IT'S SPECIAL

Always with you.

Completely private. At your desk, in the car, on mute on a call. The sound comes from you.

PRACTICE · TWO · A FEW ROUNDS

Humming.

A long, soft hum on each breath out. Low and gentle.

01 Breathe in through your nose.

An easy breath in. No need to fill all the way up.

02 Hum out, low and soft.

Let the breath become a quiet 'mmm'. Don't push it, just let it buzz.

03 Feel the buzz, then again.

Your chest, your throat, your face. That buzz is the calm, from inside.

10 · WHAT THAT JUST DID

A few hums, *and your chest went quiet.*

You made your own calm. Here's what happened.

A LONG, SLOW BREATH OUT

You can't hum and rush at once. Every hum stretched your breath out, which helps your body relax.

A STEADY, EVEN BUZZ

That gentle vibration in your chest is the soothing kind of sound, and this time it came from you.

ALWAYS WITH YOU

No speaker, no app, nothing to set up. Just your breath and a soft sound. It goes everywhere you go.

Let the sound *carry you down.*

Most of the day, you're the one doing the work. With sound, you get to stop, and just be carried. Hand your body a slow, steady sound, and it does the settling for you.

RECEIVE A SOUND

A slow track, a sound bath, soft rain.

MAKE A SOUND

A long, soft hum on your breath out.

You don't have to try. Just listen.

Thirty seconds, *or five minutes.*

WHEN YOU HAVE 30 SECONDS

One long, soft hum

A slow breath out and a gentle buzz. Calm from inside.

Put on one calm sound

Soft rain, a low tone, slow music, while you work.

Rest on a steady sound

The fan, the hum of the room. Just for a moment.

Step somewhere quieter

A stairwell, a hallway, your car. Give your ears a break.

Soft headphones, no words

Low and slow, to take the edge off a noisy room.

Not for today. For your pocket. Screenshot it, pick two.

WHEN YOU HAVE 5 MINUTES

One song, eyes closed

Just listen. One song is about the right length to settle.

A few minutes of humming

Long, soft hums, one on each breath out.

A short sound bath track

Singing bowls or slow tones. Sit back and receive.

A slow track on a walk

Let your feet and the sound slow you together.

A quiet, no-screen pause

No talking, no scrolling. Just the sound of the room.

12 · A SAMPLE DAY

Where calm sound *fits a real day.*

9 AM

**A slow track***instead of the news*

11 AM

**One soft hum***between two calls*

1 PM

**No-screen pause***just the room*

3 PM

**Soft headphones***take the edge off*

6 PM

**One calm song***set the day down*

13 · THE BIGGER PICTURE

This is Reset.

The first of four.

01 · RESET

Reset

Notice stress early, and help your body calm down. Sound is the gentlest way.

You are here.

02 · RESTORE

Restore

Recharge your body. Movement, stretching, sleep.

03 · RESOURCE

Resource

Build energy that lasts. Food and steady habits.

04 · RENEW

Renew

Recover well. Harder feelings, and ending the week in a good place.

14 · YOUR ONE TAKEAWAY

What you're *taking home.*

TOOL ONE

Sound Relaxation

Settle, listen, soften. Let a slow, steady sound carry you.

TOOL TWO

Humming

A long, soft hum on your breath out. Become the calm sound yourself.

THE LINE

Let it carry you.

Let the sound carry you down. You don't have to try, just listen.

15 · YOUR 7-DAY EXPERIMENT

Pick one.
Once a day. For seven days.

- | | | |
|----|---------------------------------------|---|
| 01 | One slow track to start the day | <i>Instead of the news. Listen for two minutes.</i> |
| 02 | One soft hum between two calls | <i>One call ends? Hum out before the next.</i> |
| 03 | One calm sound when it gets loud | <i>Soft, no-words sound. Let your ears rest.</i> |
| 04 | One song, eyes closed, to end the day | <i>Set the noise down before you head home.</i> |
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CLOSING PRACTICE · ONE MINUTE

Three hums.

One last calm, together, before you go.

01 **Breathe in through your nose.**

An easy breath in. Eyes soft or closed.

02 **A low, soft hum out.**

Let it buzz, gently, in your chest and throat.

03 **Twice more, each one longer.**

Let the last one settle you all the way down.

16 · BEFORE YOU GO

Two quick *things, in the chat.*

ONE · YOUR NUMBER

How are you now?

Same scale, one to four. Drop your number in the chat, and see if it changed from the start.

TWO · YOUR FAVORITE

Which did you like?

The sound relaxation, or the hum? Drop it in the chat. One word is plenty.

CHAKRA HOURS

LIKE "HAPPY HOUR" BUT FOR WELLNESS!

Be kind to yourself.

Let the sound carry you down. You don't have to try, just listen.

A little more calm, a little more present, a little more you.

Thank you for sharing this half hour.

CHAKRAHOURS.COM