

## Alexandra GROUP Classes

### Background

Alexandra, an experienced sound healing practitioner, has been running classes using singing bowls for years. Seeking to enhance her class experience and integrate technology, she decides to try NovaMynd Studio for her group sessions.

### Objective

Alexandra aims to provide a deep relaxation experience for her Friday evening class, using NovaMynd's features to create a synchronised and immersive session for both in-studio and remote participants.



### Implementation

#### 1. Class Preparation

- Alexandra plans a deep relaxation sound healing session.
- She signs up 12 participants and instructs them to bring smartphones and headphones.

#### 2. Creating the Protocol

- Alexandra selects a deep relaxation track from her YouTube library and links it to NovaMynd.
- She records a personalised introduction and integrates it into a NovaMynd protocol for her class.

#### 3. Group Setup

- Alexandra creates a group within NovaMynd for her class participants.
- She sends invitation links to each participant through the NovaMynd portal.

#### 4. Class Execution

- Alexandra prepares the studio with comfortable mats and candle lighting.
- Five minutes before class, she sends a notification via NovaMynd to all participants.
- Using the NovaMynd dashboard, she monitors the readiness status of participants.

#### 5. Conducting the Session

- Alexandra starts the class from her NovaMynd portal.
- All participants, in-studio and remote, are linked to the protocol she created.
- In the studio, Alexandra enhances the session with live sounds from her singing bowls.

#### 6. Feedback and Future Engagement

- After class, participants provide feedback through NovaMynd's rating screen.
- Alexandra offers the group an energising wake-up class later in the week.

### Results and Benefits

By integrating NovaMynd Studio, Alexandra:

- Enhanced the overall sound healing experience with synchronised audio-visual elements.
- Provided a flexible option for remote participation.
- Received valuable feedback through NovaMynd's platform.
- Increased engagement by easily offering follow-up classes.

NovaMynd Studio allowed Alexandra to blend traditional methods with modern technology, creating an immersive experience for her participants. The ease of creating customised protocols and connecting with clients both in-person and online has made NovaMynd an integral tool in Alexandra's practice, opening new possibilities for growth and client engagement.