



Sound Cleanse approach, combining Opera, Sophrology and Neuroscience

OPERA SINGING VIBRATIONS UNVEILS YOUR EMOTIONS,  
SOPHROLOGY HARNESSSES AND TRANSFORMS THEM INTO IMPULSE  
NEUROSCIENCE GIVES INSIGHT

I

First, **acclaimed Opera singer sings** an operatic aria as she would on a renowned stage, but you are face to face, she is only two meters from you, with an orchestral accompaniment. True **emotional "skydiving"**, instantly you feel a wave of vitality that engulfs you, forming an **energy and vibratory cocoon** around you. A parenthesis of deluxe **well-being**.

The virtues of the physical vibrations propagate in your body and the emotional and spiritual vibrations find their pulse. Musical sound waves increase motivation and pleasure, reduce stress, strengthen the immune system and boost self-confidence. **The sound waves generated by the voice dissipate emotional blocks and stimulate potential.**

II

In the second stage, time to **explore your emotional defense mechanisms** thanks to our **certified Sophrologist** who translates and guides you every step of the way as you express your feelings. Finally, you learn to **memorize the benefits of the experience** to reactivate them in your daily life.

III

The cherry, you discover your **Personal Neuroscience Assessment realized by our expert** according to the measurements taken of **your emotional state before and after your Bain de Son®**: 4 neurotransmitters render it possible to identify emotional impact through 15 areas of your body.

3 unique experiences – 3 complementary experts

## Team:

**Carole Chabry**, Founder of Bain de Son®, holds a Premier Prix by unanimous vote from the Paris Superior National Conservatoire of Music and Dance: opera career at La Scala in Milan, the Champs-Élysées Theater, the Toulouse Capitole, the Paris Palais des Congrès, French and international Operas... She founded her company Espace Vocal in 2004. Carole conducts Coaching and Training sessions in parallel and has been an expert in Voice technique since 2009.

**Géraldine Marillet**, Certified Sophrologist and trainer, Géraldine develops with the corporate world solutions to support well-being and corporate life quality solutions for teams. She supports managers and leaders so they can perform at the highest level, all the while strengthening their life balance.

**Pierre Davèze**, Certified in behavioral neuroscience, with over ten years of experience, expert in emotion management assessments, Pierre was elected "Entrepreneur of the future" in 2013 by the group Generali and named Vice-President of Competence Center Stress Experts.

Bain de Son® is a Registered brand of Espace Vocal, referring to its exclusive Sound Cleanse approach, combining opera, sophrology and neuroscience.

**They trust us:** AIR LIQUIDE, ALLIANZ, ALSTOM, AREVA, AVIVA, AXA, BOUYGUES TELECOM, CONTINENTAL, DFCG, GENERAL ELECTRIC, GDF SUEZ, GROUPAMA, KIMBERLY-CLARK, M6, METRO, PUBLICIS, SAINT-GOBAIN, THALES, TUPPERWARE, VEOLIA ENVIRONNEMENT, VEOLIA EAU, VINCI, VIVENDI...

Registered Training Centre



**ESPACE VOCAL**  
*Carole Chabry*  
espacevocal.fr

**alorem**  
Valorisons l'humain  
alorem.fr

**SOPHRO**  
LEADER  
sophro-leader.com



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**OPERA SINGING UNVEILS YOUR EMOTIONS:  
YOU EXPERIENCE THE VIBRATORY COCOON**

**Step-by-step:**

- Decompression ritual.
- Abdominal breathing work, receptiveness preparation.
- **Bain de Son®**: Carole Chabry sings for you, face to face, an opera aria with an orchestral accompaniment.
- Review of the emotions you felt, after which you will receive insight regarding the effect on body and mind of the aria that was sung for you.
- Handover of your intentions card.



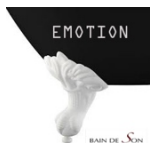
Private consultation with Opera singer - 45 minutes



**OPERA SINGING UNVEILS YOUR EMOTIONS,  
SOPHROLOGY HARNESSES AND TRANSFORMS THEM INTO IMPULSE**

**Step-by-step:**

- Decompression ritual.
- Receptiveness preparation with sophrologist.
- Bain de Son®: Carole Chabry sings for you, face to face, an opera aria with an orchestral accompaniment.
- Sophrological exercises: exchange with practitioner on emotions that arise.
- Integration to anchor the benefits of sophrology coupled to the Bain de Son® with sophrologist and Opera singer.
- Handover of your intentions card.



Private consultation with sophrologist and Opera singer - 75 minutes



**OPERA SINGING UNVEILS YOUR EMOTIONS,  
SOPHROLOGY HARNESSSES AND TRANSFORMS THEM INTO IMPULSE  
NEUROSCIENCE GIVES INSIGHT**

**Step-by-step:**

- Decompression ritual.
- Receptiveness preparation with sophrologist.
- Control measures taken with neuroscience expert: we measure and record your emotional state before the Bain de Son®: 4 neurotransmitters are identified in 15 areas of the body.
- **Bain de Son®**: Carole Chabry sings for you, face to face, an opera aria with an orchestral accompaniment.
- Sophrological exercises: exchange with practitioner on emotions that arise.
- Neuroscience Assessment reveals keys to Personal Development that you accessed during this process. Review of personalized Neuroscience Assessment report.
- Anchoring: you learn to stimulate the emotions experienced and also to let them go with the sophrologist.
- Handover of your intentions card.



### 3 service levels available:

**SILVER pack** - Private 45 minute consultation with Neuroscience Expert and Opera singer.

1 Bain de Son® + 1 Neuroscience Assessment after Bain de Son® + report and commentary.

**GOLD pack** - Private 60 minute consultation with Neuroscience Expert, Sophrologist and Opera singer.

1 Bain de Son® + 1 Neuroscience Assessment after Bain de Son® + report and commentary + 1 anchorage with Sophrologist.

**PLATINUM pack** - Private 105 minute consultation with Neuroscience Expert, Sophrologist and Opera singer.

1 anamnesis with Sophrologist + 1 Neuroscience Assessment before Bain de Son® + 1 Bain de Son® + 1 Neuroscience Assessment after Bain de Son® + report and commentary + 1 anchorage with Sophrologist + 1 handover of your intentions card.





BAIN DE SON

[baindeson.com](http://baindeson.com)



Bain de Son® - Espace Vocal Carole Chabry - SIRET: 534 185 806 000 13  
[baindeson.com](http://baindeson.com) + 33 1 34 80 60 59 / + 33 6 63 24 39 56



## OUR SERVICES



### COCON

Private 45 minute consultation with Opera Singer - 580 € HT

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### EMOTION

Private 75 minute consultation with Sophrologist and Opera singer - 1300 € HT

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REVELATION **SILVER** - Private 45 minute consultation with Neuroscience Expert and Opera singer - 1380 € HT

REVELATION **GOLD** - Private 60 minute consultation with Neuroscience Expert, Sophrologist and Opera Singer - 1980 € HT

REVELATION **PLATINUM** - Private 105 minute consultation with Neuroscience Expert, Sophrologist and Opera Singer - 2400 € HT

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