



Deep rest, delivered.

The Friday Reset

AN HOUR THAT SENDS YOUR TEAM BACK CLEARER THAN THEY ARRIVED

Think about your team at noon on a Friday. Running on fumes, half checked out, still with a full afternoon ahead. Now picture them an hour later: calm, clear, actually present, and a little surprised at how good they feel. That is what this hour does. They lie back, the sound does the work, and the week stops running them.

WHAT YOUR TEAM GETS

- An hour where nothing at all is asked of them
- They go back to the afternoon sharper than they were
- No skill, no particular belief, and nothing to be good at
- Zero effort from you beyond finding a room and a time
- Chairs work fine for anyone who prefers not to lie down

WHY SOUND

Stress doesn't live in the mind. It lives in the nervous system, and the nervous system doesn't respond to being told to relax. Immersive sound gives the body something no meeting, perk, or app does: an hour where it's safe to fully stand down.

What companies tell me afterward isn't that it was nice. It's that their people felt genuinely cared for, and they remember who gave them that.

WHAT ATTENDEES SAY

I went back to my desk and got through the afternoon without the usual fog. I noticed it all week, honestly.

DANA R., SENIOR ANALYST, BETHESDA

Easiest thing I have ever booked, and the feedback was unanimous. Not one person told me it wasn't for them.

MARCUS T., PEOPLE OPS, ROCKVILLE

THE DETAILS

Investment: \$1,500 per session, Silver Spring, Bethesda and Montgomery County

\$1,750 downtown DC, or groups of 26 to 40

Quarterly: 4 sessions / \$5,400, or \$6,300 at the larger-group rate

You provide: a room and the time. For groups over 15, guests bring a mat or towel.

Fully insured, certificates available on request. W-9 provided. Fridays and midweek slots book first.

*Founded by a DMV professional who spent 25 years beside CEOs and founders,
and learned exactly what high performers carry.*

To ask about a date, email team@linencurrents.com

linencurrents.com · Silver Spring, Maryland · serving DC, Maryland and Virginia