

EVENT DETAILS :

Event Name: Healing Harmonies X Perception Box

Event Date: 10/8/25

Location: The Recording Club

Event Type: Wellness Night

Event Block Times (Load-in to Load-out):

Dr.Kischa - Arrival at 7:15pm to set up

Koraah - arrival at 5pm to set up

Event Start & End Times:

5:30 PM – Doors open to guests

9:30pm End

Additional Dates/Times Needed:

4:30 PM – Studio Assistants arrive for full setup

5:30 PM – Doors open to guests

INVOICE :

- **\$120** – Dr. Kischa (Sound Bath Session)
- **\$250** – Jon Q (Coaching & Wellness Facilitation)
- **\$300** – Korrah (Catering)
- **\$100** – Alex Audio Engineer

HOST INFORMATION

Host(s): Ava Perez

Host Contact Info: Ava Perez: +1(310)-463-5921

ATTENDEE INFORMATION

Estimated Guest Count: 30-40

Actual Turnout:

Admission: Free for members

FOOD & BEVERAGE

Details :

Korrah Catering:

Rice + Fish + Cabbage Soup + Salad

SETUP & TECH REQUIREMENTS

FOOD & BEVERAGE

- Prepare dining table space for Chef Korrah's setup and cooking.
- Ensure the table is clear and accessible for her arrangements. Put Chairs behind the bar.
- Offer assistance as needed with supplies, serving, or cleanup.

LIVE ROOM – SOUND BATH

- Prepare central space for **Dr. Kischa's sound bath** setup, including room for a mat and singing bowls
- Mics set up around Dr.Kischa sound bowls
- Arrange **low, comfortable seating** (pillows) and blankets

LIVE ROOM – Perception Box

- 2 wireless microphones for audience
- 2 mics for for speakers (Greg, Ava, Jon)
- Cameras set up rolling video

- One studio assistant on standby to help pass the mic around the audience

JON Q – WORKOUT

- Ensure Jon Q has everything he needs for his workout session.
- Prepare the designated space for movement — clear, open, and clean.
- Refill and organize towels in the sauna area.
- Check in with Jon Q prior to the start to review any final needs or adjustments.

CONTENT & MATERIALS

Perception Box Questions

https://docs.google.com/document/d/1v0m2ioSjBZ65rF6c_IsnB1ufQP5c6QK3DcTaLGKYN2o/edit

<https://www.unlikelycollaborators.com/questions>

Questions for this event:

Shallow End: In what area of your life do you trust yourself most?

Deep End: When were you able to empathize with someone who held differing values, convictions, or beliefs?

Pain Hole: What was a time when you were really down, when something didn't go your way, and you found something to feel grateful about anyway?

CONTENT CAPTURE

- Lots of people engaging
- People in emotional states, opening up, being vulnerable
- Perception Box dialogue actually happening
- Curated production around the event, mainly focused on the presentation of the Perception Box, but also including the workouts, meditation, sound bath, and food.

Perception Box Slideshow:

Studio Assistance needed in the slides + lights set up

Engineer and/or A/V Staff:

1 Audio Engineer - Alex

2 Studio Assistant Video people - Josh Bockhort and Keali'i

Staff Needed:

4 Studio Assistants (4:30 PM–10:30 PM)

Core Staff Member: Ava

ROLES & RESPONSIBILITIES

Ella - Kitchen Setup/ Live Room + Lighting Setup

Miles - Live Room Setup

Jimmy - Live Room Setup + Slide Show Assistance

Keali'i - Hand held Video Content + Handing Mic Around

Josh Bockholt - Video content

Alex - Audio Engineer

Ashley, Jacob, Ari - One person at check in and mingling with the guests/ Tours

BUDGET & PROMOTION

Event Budget Summary:

Item	Cost
Budget	\$1,000
Dr. Kisha – Sound Bath Session	\$120
Jon Q – Intuitive Coaching	\$250
Korra (Catering)	\$300
Flowers+Drinks	\$31.52
Audio Engineer (Alex)	\$100
Total	\$801.52

Partiful Link: <https://partiful.com/e/7zc7bTBOFNRLUobdvB2o?f=1&photo=all>

Listed on Members Calendar: Y

Stage Plot & RUN OF SHOW

Stage Plot & Input List:

The event will use a standard setup. The stage remains unchanged throughout.

High-Level Run of Show:

5:00 PM - Korrah arrives for set up

5:30 PM – Doors open to guests - They can mingle/ Tour the space

6:30–7:15 PM

- Jon Q Workout

7:15 - 8:00 PM

- Dinner served in lounge

7:15 - Dr. Kisha arrives for setup

8:00–8:45 PM

Perception Box

8:45 - 9:15 PM

- Soundbath with Dr.Kisha

9:15-9:30

- Closing words + Cleanup

GOALS:

Promote Wellness: Offer a restorative midweek reset through guided meditation, sound bath, and contrast therapy.

Build Community: Create space for members to connect, reflect, and express through shared activities and a collaborative jam.

Showcase Perception Box: Introduce members to the practice and its mental wellness benefits.

Position TRC as Holistic: Highlight the studio as a space for both creativity and well-being.

Pilot Future Programming: Test a format for ongoing wellness nights that blend healing and music.

