



A CALL TO COLLABORATE IN A TIME OF UNCERTAINTY, STRESS AND ANXIETY

Hello I am Toril Vaernes Troen, social entrepreneur, wellness expert and owner of Multivib AS in Norway

We produce special mattresses, mats and pillows. When you hug them, or lie on them, you feel as if you are being hugged from within. Gentle sonic waves rinse your bodymind and you sink into serenity very easily. After a session, you feel less stress, less anxiety or insomnia. You feel a clearer mind, in a better mood, and calmer body.

Vibroacoustic Therapy originated in Nordic Countries 30 years ago was invented by Olav Skille from Norway. It all started when Skille was playing his bass in front of disabled children. He noticed a positive relief reaction of deep tissue tension and a better mood. Skille trained me since 2007 and asked me to take over his production and knowhow. Multivib produce the mattresses, mats and pillows based on his recommendations. We are using his original low sound frequencies which are streamed into the equipment from an app in the mobile device.

Vibroacoustic Therapy is defined as wellness integrative modality and self-help tool. It is a sibling to music therapy yet it is generic (not based or influenced by any culture or psychological modality) and focused on body sensation and not audio. In fact we cherish silence as inner conditions to harmonies body systems and mental systems. SilentSoundSpace

I will be happy to collaborate with you in this time of uncertainty, stress and anxiety. We will offer special prices for your clients and partners.

Be well and safe I look forward to talking with you and collaborating in helping people in this tough period.

Wellness regards

Toril Vaernes Troen

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