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Use this QR Code to
see our service
menu and current
offerings



LIFE LAB



Clean air-conditioned
indoor space



Non-slip yoga mats
and supportive props



Relaxing ambiance with
natural lighting



Changing area and
unisex bathroom



Amplify Your Life!

MIND + BODY + SOUND

Wellness Your Way

In-Studio / On Location

Private or Group Experiences

AMPLIFY HOLISTIC ARTS LTD.
WWW.AMPLIFYHOLISTICARTS.COM

✦ MIND ✦

Ayurveda is a traditional system of natural medicine that provides a roadmap for self-healing. By supporting digestion and organ health, it naturally strengthens the mind, promoting clarity, balance, and emotional well-being.

At AHA Life Lab, every session begins with a pulse reading, the “heart” of our practice. It reveals which organs need support and uncovers imbalances in digestion, energy, and overall wellness. From there, we craft a personalized plan of herbs, diet, lifestyle, and movement and/or sound therapies—helping your body thrive so your mind can flourish.

Ayurveda can be experienced in multiple ways:

- **1:1 Private Sessions:** Personalized pulse reading and wellness plan
- **Semi-Private Consultations:** Small groups with individual guidance
- **Workshops & Seminars:** Hands-on learning about remedies, theories, life-hacks and best daily practices
- **Retreats or On-Location Events:** Immersive programs for resorts, special occasions or private groups

✦ BODY ✦

Mobility Support 1

Gentle exercises designed to restore flexibility, ease joint tension, and improve circulation

Yin Yoga 2

Deep, restorative stretches to release tension, calm the nervous system, and reduce inflammation

Somatic Movement 3

Guided, mindful exploration to reconnect with your body and release stored stress

Dance Instruction 4

Expressive, fun movement sessions that combine flow, rhythm, and music to energize and uplift the body and spirit

AHA Life Lab is a co-ed space where all bodies are welcome—any shape, size, or orientation. Beginners are encouraged and celebrated!

✦ SOUND ✦

Sound Healing resets your body at the cellular level, calms your mind, and ignites your energy. Sessions are customized for private clients, small groups, or larger retreats; either at the Life Lab or your chosen location.

Sound Baths

- **Private (1:1):** Personal sound immersion to release tension and remove energetic blockages
- **Small Groups:** Up to 5 participants; enjoy shared energy with personal attention
- **On-Location:** Floating sound baths on water or immersive retreat settings in nature

DJ & Fusion Experiences

- **Retreat / Event DJ:** Curated music for movement, meditation, or celebration
- **Sunset / Private Destination DJ:** Let us provide the soundtrack for that special moment, paired with sound therapy if desired

Go beyond the Life Lab

Combine our services in premium packages or step into paradise with private island sound and wellness experiences.