



rock om®
Experience | feat. DJ Drez & Marti

ROCK OM® EXPERIENCE WITH DJ DREZ & MARTI

Inspired by Rock Om®, an in-room music-oriented yoga program, Hard Rock Hotel Breakout welcomes meeting attendees to a music-infused yoga experience, incorporating the eclectic venues we offer from forest meditation in the Alps to rooftop sunrise yoga.

Whether your attendees are new to yoga or experienced yogis, this meeting offering will transform the usual meeting expectations to one that is an experience that rocks.

GROUP SIZE: 50- 200 PARTICIPANTS

DURATION: 45-80 MINUTES

Visionary producer and yogi, DJ Drez, will bring this yoga festival experience to life at all Rock Om® experiences, alongside his wife and yoga instructor, Marti. Rock Om® promises to bring an elevated, energizing yoga experience with a DJ, to guests of all abilities.



CONTACT INFO

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BREAKOUT
MEETINGS AT HARD ROCK HOTELS



ROCK OM[®] EXPERIENCE WITH DJ DREZ & MARTI

SERVICES OFFERED

Yoga Classes with Marti Nikko & DJ Drez

Activate your center through a creative movement practice along with an amazing soundtrack. Awaken the entire body and sharpen the mind through yoga that will open subtle energy pathways, increase range of motion and build strength on a deep level. By combining movement, breath and attention you will leave the practice feeling enlivened and peaceful.

Yoga Nidra, Pranayama & Meditation with Marti Nikko & DJ Drez

An all systems refresh to support your well of energy and support you in your daily commitments. Begin with some gentle yoga to unwind tight muscles and soothe a stimulated nervous system. Then settle into a supported savasana position to do a deep relaxing yoga nidra practice that will leave you refreshed and balanced. It's said that 30 minutes of yoga nidra is the equivalent of 2 hours of deep sleep!



Sacred Movement with Marti Nikko & DJ Drez

Come dance to the mystical, hip-hop, reggae roots and Indian raga sounds that DJ Drez is known for. Moving bodies for more than two decades, Drez is a sound pioneer with an ear for cutting edge sonic ambiance, a finger on the pulse of music that makes bodies move, and the vision and skill to obliterate genre and boundary with his own trademark sound and production.

Let's dance and expand our creativity, freedom and ability to listen and heal through freeform movement.

Group Chanting & Community Building through Storytelling and Mantra with Marti Nikko & DJ Drez

Practice trusting, speaking and respecting ones voice though the art of mantra and chanting together. Join Marti Nikko & DJ Drez on a journey of human experience and ancient stories giving the mind a break. Create space to drop into a deeper connection of feeling and an opportunity for new insight through chanting mantras and hearing the true voice. It takes courage and we can do it together.

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