

Pathways 2 RestStation™

Pathways 2 RestStation™ utilizes cutting edge technology and the latest research in holistic treatment methods. RestStation™ therapy assists clients with relief from anxiety, stress, pain, insomnia, and more.

RestStation™ is a vibrational platform constructed with memory foam and integrated audio/visual system. The RestStation™ utilizes precisely choreographed music that is synchronized with low frequency sine tones and binaural beats.



The major benefit is the calming effect the system has on clients. The system helps clients with racing thoughts, anxiety and stress. The client is brought into a meditative state, which usually takes about 15 minutes. The music therapy system is composed with binaural beats and healing frequencies that trigger the body's natural relaxation response. Research has shown that music therapy is a motivating resource that helps clients engage in their treatment. Music therapy is a popular holistic method for relieving depression and anxiety.

Once the client reaches the Theta Meditative State, they are guided through powerful meditation and positive affirmations. The guided selections on the RestStation™ are designed to address the guilt, fear, shame and trauma associated as underlying issues for most dealing with PTSD and emotional/ physical traumas. These meditations create a completely relaxed state of mind; then, utilizing a unique echo effect, powerful and positive affirmations are delivered. This combination helps the client overcome deep rooted, negative patterns of thought and behavior.

A biofeedback program may also be integrated with the RestStation™ Lounge to teach clients certain techniques they can use to help them manage their emotions. There are several challenge levels to help clients achieve high levels of coherence. Physiological coherence is the synchronization and balance of the brain, heart and the nervous system known as “being in the zone.”



Pathways has multiple research centers located throughout the United States to allow veterans and civilians to experience the RestStation™. If you are a veteran, practitioner, client, or would just like to know more about the RestStation™, please contact us by using the link below so we may get in touch with you.

Pathways 2 RestStation™ includes the following features:

Music therapy

Sound frequency massage

Guided sound sessions

Binaural beats induce a theta level meditative state

Low frequency vibrations trigger a natural relaxation response

Coherent heart rhythm patterns synchronize the body's nervous system

Positive affirmations develop mindfulness and awareness

Additional Upgrades may be utilized with the RestStation, such as Biofeedback, HeartMath, and The Listening Program.