



SODO

数道

SOUL OF DIVINE ORIGIN
JOURNEY TO YOUR SOUL.

*Singapore's Oriental Wellness Atelier
By Master Terelyn*

SINGAPORE'S FIRST ORIENTAL SANCTUARY

In a world that moves too fast, **SODO** was created as a **sanctuary for modern life.**

We live in an era of constant stimulation - notifications, obligations, noise. The modern professional is overstimulated and under-restored. Burnout is no longer the exception. It is the baseline.

SODO offers something different.

Through oriental scent therapy, floral tea practice, sound healing, crystal wellness and mindful creation, guests are invited to step out of the daily noise and into a space of presence - where the mind slows, the body softens and the spirit realigns.

数

SHÙ · RHYTHMS, PATTERNS, BALANCE, PROPORTION

The natural order that governs all living things

道

DÀO · THE WAY

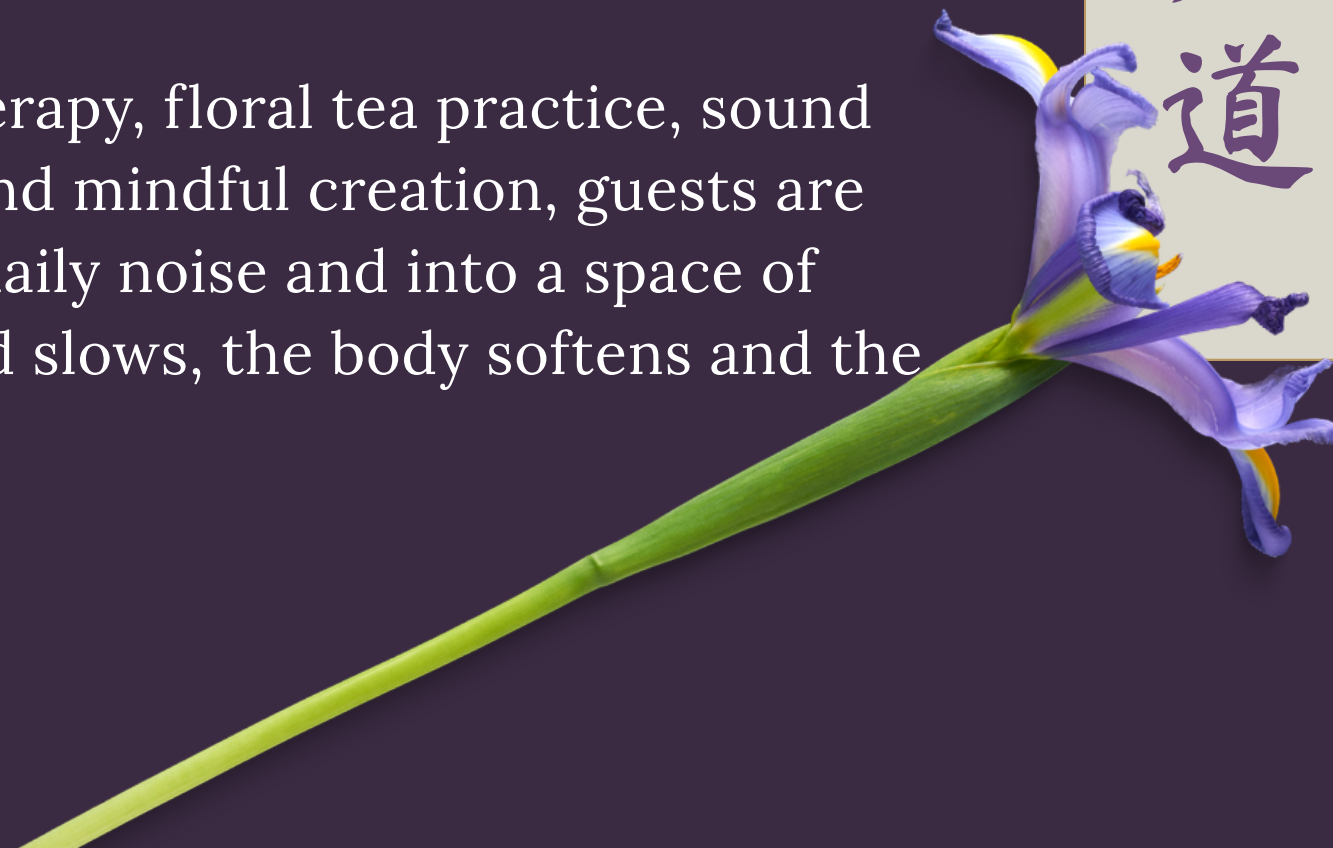
Cultivation, the way of living, a mode of being - not a destination but a daily practice

数道

SHÙ DÀO · THE WAY OF BALANCE, RHYTHM & CULTIVATED LIVING

Together, 数道 speaks directly to what SODO offers: a way of living in rhythm with yourself. Not fate. Not fortune. Not external calculation. But the cultivation of inner balance - through our five senses.

*"You were never broken.
You simply forgot the way home."*



二 ABOUT MASTER TERELYN

Master Terelyn

Founder & Guiding Practitioner, SODO 数道 - Oriental Wellness Atelier

With **over 13 years of experience** across scent therapy, sound healing, meditation, crystal wellness, nutrition, and metaphysics, Master Terelyn brings a rare ability - to meet each individual exactly where they are, without judgement and without pressure.

Trusted by over 120 multinational organisations, Master Terelyn has delivered more than 1,000 hours of training in mindfulness and meditation. Her signature programmes include Mental Resilience, Coping with Stress in Times of Crisis, and 30-Second Mindfulness Techniques for the Workplace.

"I do not teach you about wellness. I return you to what you already know."



MASTER TERELYN

德睿林老师

MINDFUL LIVING ADVISOR

INSTITUTE FOR INTEGRATIVE NUTRITION

Integrative Nutrition Health Coach

With the Official Sanction of The New York State Education Department

STANFORD CENTER FOR HEALTH EDUCATION (STANFORD MEDICINE)

Nutrition Science (Certificate of Completion)

SODO

*For the exhausted Singapore professional who senses that something is missing - not more to do, but more to feel - **SODO offers the only Oriental wellness experience in Singapore** that integrates scent, sound, tea, crystals and mindful creation under one roof, guided by a practitioner of genuine depth and cultural authority.*



SODO IS NOT A SHORTCUT TO WELLNESS. IT IS A RETURN TO WHAT YOU ALREADY KNOW.

WE ARE NOT SELLING ITEMS. WE ARE SELLING A STATE OF BEING.



Path 01

香

THE SMELL

嗅 · Smell

Breathe in, and let your body remember what calm feels like. Choose a signature blend or craft your own personal scent formula with Master Terelyn's guidance.

Path 02

茶

THE TASTE

味 · Taste

Take in what your body needs - floral teas, Chinese wellness teas, or custom blends by Master Terelyn, and nutrition classes that teach you how to eat well for your body.

Path 03

音

THE SOUND

听 · Hearing

Let the sounds find what words cannot - sound healing, guided meditation, or learn to play the singing bowls yourself.

Path 04

晶

THE TOUCH (CRYSTAL)

触 · Touch

Hold what your body has been asking for - crystal healing chosen for your sleep, stress and clarity, or choose your own intentional crystals.

Path 05

灵

THE LIGHT

视 · Sight

An energy spa that goes deeper than the body - because sometimes the deepest healing begins with simply learning to see your own light.



SODO

SOUL OF DIVINE ORIGIN

Journey to your Soul.

*You arrive off balance. You leave rejuvenated. Each path returns you to one sense at a time - **until all five bring you back to yourself.***

NOURISHMENT OF ALL FIVE SENSES



数
道



五 SODO MINDFUL CLUB MEMBERSHIP



SODO MINDFUL CLUB MEMBERSHIP

SGD \$99 / month

- 2 sessions + 1 visitor pass
- 10% off retail products



SCAN QR CODE OR [CLICK HERE](#)
FOR WORKSHOP SCHEDULE

养心

<p>C05 · DIY FLORAL SCENT SACHET Choose your botanicals, blend your fragrance, seal it in a sachet - for your desk, your pillow, your bag, your car.</p>	\$99
<p>C06 · BLESSING IN A VESSEL Choose your crystals and dried flowers, seal everything into a vessel blessed by Master Terelyn - and carry it forward.</p>	\$99
<p>C14 · LEARN HONEY GINGKO OSMANTHUS Honey ginkgo osmanthus - a simple, powerful tonic for immunity and detox.</p>	\$99
<p>C22 · SIGNATURE MINDFULNESS MEDITATION - METAL A powerful Sound Bath Cleansing and Chi Boosting experience to release the old and welcome the new.</p>	\$99
<p>C10 · DIY CRYSTAL KEYCHAIN Get creative and string your own crystal keychain in this beginner-friendly DIY session.</p>	\$99
<p>C09 · DIY SALT BATH Blend your own essential oil salt scrub for foot and body.</p>	\$99

WORKSHOP HIGHLIGHTS

CONTACT US

Contact Information

 +65 8123 1318

 @masterterelyn

 www.masterterelyn.com

 @sodo.atelier

