

Media Kit 2021

Going Om



*A film about the
relationship between
sound and wellness*

Sound | Frequency | Vibration

Going Om is a feature-length documentary that aims to uncover the influence of sound and the magnitude of its potential through medicine, science and everyday living.

www.GoingOmFilm.com



Going Om



About The Film

In the beginning, there was sound. It has been used throughout history as a transformational tool in ceremonies, celebrations and even in times of war. It can soothe us in the form of a gentle rain or create anxiety invoked by blaring sirens passing by. Will sound, frequency and vibration be the medicine of the future?

Going Om is a documentary film that explores the secrets of sound health. What if your words could literally change the world around you? Would you choose them more carefully? Is healing possible through the use of sound and frequency? From plants to outer space, an award-winning team looks at the potential to raise or lower the vibrations around us for wellness.

"If you want to find the secrets of the universe, think in terms of energy, frequency and vibration." - Nikola Tesla.

Going Om Team



Christina Grozik, Producer/Director

Christina's background is an eclectic one, having worked as a coordinator in the media production industry, serving as a public speaker, organizing special events, and teaching at Kent State University. Her many career paths have led her to establishing a wellness practice as a Certified Vibrational Sound Therapist, Integrated Holistic Health Coach, Yoga and Meditation Teacher, Polarity Practitioner, Energy Balancing Guide, Past Life Regressionist and Reiki Master.

Working as a travel blogger, Christina spent seven years on the road documenting her journeys while meeting extraordinary people, immersing herself in cultures and encountering experiences that would forever change her life. When asked, "Do you ever get tired of being by yourself all of the time?" She replied, "I'm never by myself. The Universe is guiding me."

Taking on multiple career roles, coupled with her wellness studies, Christina sees the importance of energy and living a balanced life. She is passionate about helping others find a lifestyle that promotes wellness through incorporating integrated modalities into her teaching and practice with clients. More information can be found at BohemianBabeWellness.com.



Paul Shaia, Producer

Paul Shaia is a creative producer with diverse business experiences in entertainment, accounting, and commercial real estate. Paul has collaborated with Christina Grozik to produce several special events with entertainment and guest speakers that have featured Chuck Norris, Joe and Anthony Russo and Jerry Springer.

Paul was the co-founder and co-owner of Ante Up Audio. This world-class recording and production facility worked with many notable musical artists such as the Dave Matthews Band, Tori Amos, and One Republic. Paul was also closely involved with its film post-production division, which worked with various film producers including legend Francis Ford Coppola.

More recently, Paul has had key involvement with multiple independent films as a producer, actor, writer, and/or music supervisor. Paul is the Vice President of Victory Properties, a commercial real estate investment and management firm. He has served as a board member for several nonprofits such as the Downtown Cleveland Improvement District, Playhouse Square Development Corporation, and the Ingenuity Festival.





We hope that you will consider *Going Om* for your programming needs. We've included a few ideas below to either host a screening or a screening event. These are just a few options and the *Going Om* team is more than happy to guide these sound meditation journeys or to assist in coordinating them.



Host A Screening

- ✓ Medical Conferences and Groups
- ✓ Wellness Conferences and Organizations
- ✓ Retreat Centers
- ✓ Music and Sound Oriented Conferences and Organizations
- ✓ Corporate Functions and Programs
- ✓ Universities, Colleges and Schools
- ✓ Private Events
- ✓ ...and more



Host A Screening Event

- ✓ Screen the film, *Going Om*
- ✓ Host a discussion after the film about sound, vibration, frequency and silence
- ✓ Follow the film with a Q&A with representatives from the film
- ✓ Conclude the screening of the film with a related activity like a sound healing journey, drum circle, group vocal toning exercises, breathwork practices, a gong bath, or a meditation.



Going Om Reviews

"*Going Om* is an informative and beautifully produced documentary which digs deep into many aspects of the sounds in our world that I had never taken the time to think about before. I would absolutely recommend this film to anyone interested in sound, music, vibrations, travel, inner peace, wellness or just becoming more present in everyday life. I think just about anyone will learn something new from this film."

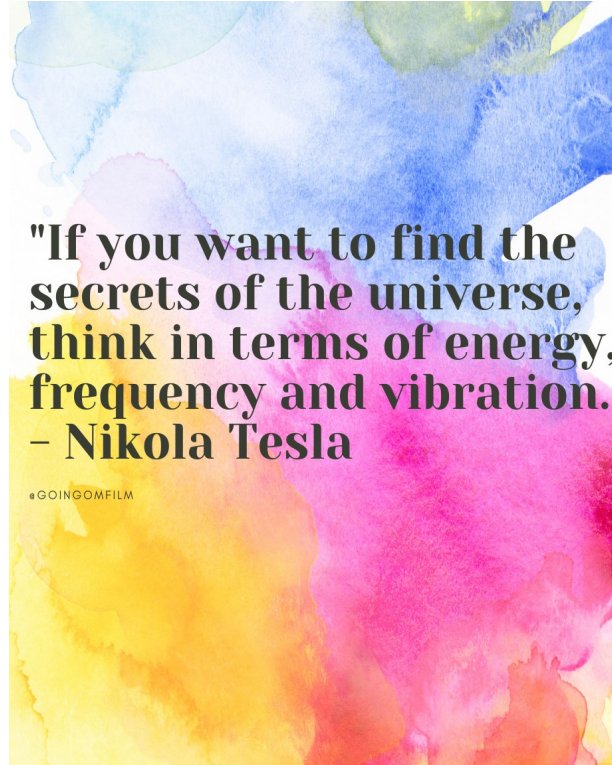
-Leean A., Rotten Tomatoes

"I learned so much from this documentary! After watching *Going Om* it made me realize how hectic my life is! I am now making more of an effort to try to find more peace and calm in my life. Simple things like sitting by the water and listening to the sound of the waves make such a difference to me now. Things I would have never thought of until I watched the *Going Om!*"

-Becky P., Rotten Tomatoes

"Very informative movie about sound therapy and how it can be utilized in your health care journey. Excellent science to give the evidence to support this modality in healing. I would highly recommend all physicians utilize sound therapy in their patients care plan. Fantastic job done by all who shared their experience."

-Michelle T., Rotten Tomatoes



"This is an amazing project. So insightful and awakening. People are searching out wellness and awareness, with sound and meditation playing key roles. Sound is so much more impactful than we realize. I cannot wait for the full documentary to be released. It is a must-see!"

-Donna W., IMDB

"This beautifully made documentary covers so many ways that sound affects the mind, body and soul. It makes you think....what am I doing or NOT doing to calm myself in this crazy world and is sound making things worse or better every day! This documentary is a MUST SEE for anyone of any age! Truly a gift to the world!"

-Elizabeth B., iTunes

"This was suggested to me from a friend since I've faced anxiety most of my life. The current Covid situation we're in has only increased my anxiety. I tried adapting what this film was talking about into my daily life by integrating relaxing, soothing noises when I'm driving or when I'm going to bed. It's had quite an impact so far on reducing the amount of anxiety that I've been dealing with and I've noticed quite a change. I never thought that sounds could have such an impact on one's self being. Highly recommended!"

Skylar K., IMDB

Beyond The Film Discussions

(click to view content)



Going Om with Producer and Director, Ivan Reitman, and Christina Grozik



Going Om with Nancy and Jim Pettit from the Memphis Gong Chamber and Christina Grozik



Going Om with Author and CEO of the David Lynch Foundation, Bob Roth, and Christina Grozik



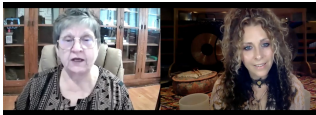
Going Om with Christine Stevens, Founder of Upbeat Drum Circles, and Christina Grozik



Going Om with Rollin McCarthy and Christina Grozik



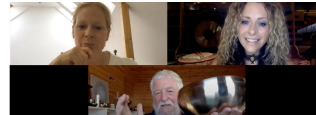
Going Om with Traditional Storyteller and Visionary Hoop Dancer, Kevin Locke, and Christina Grozik



Going Om with Pioneer in Human BioAcoustics and Vocal Profiler, Sharry Edwards, and Christina Grozik



Going Om with Comedian, James Johann, and Christina Grozik



Going Om with Founder of the Sound Massage, Peter Hess, along with Daughter, Jana Hess, and Christina Grozik

Recent Press:

“Going Om’ follows the journey of Grozik and her team as they travel across the world, exploring not only the relationship between human beings and sound, but also the ways in which sound can be used for wellness.” - The Morning Journal

THE MORNING JOURNAL


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Film Stills





Going Om



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