



FLYT FOR WARRIORS



A Non-Pharmacological, Evidence-Based Approach to Improving Capacity and Durability Under Stress for Military, Veterans and First Responders

Rooted in Neuro-Integration™ research, The FLYT Program carefully curates cutting-edge vibroacoustic, pulsed light, and photobiomodulation to help recalibrate the nervous system, repair coherence, and restore cognitive flexibility for military service members, veterans, first responders, and others who must perform under extreme stress.

How It Works: Your 1-Hour, Multi-Sensory Session

The program is personalized and includes a minimum of 16 FLYT Experiences (2 sessions across 6 phases of focus over 8 weeks). Your program begins with an assessment to determine your Fundamental Frequency, cognitive capacity, and wellness goals, followed by the development of precisely tuned, customized audio tracks you keep and use forever. Each session follows this flow, guided by your personal FLYT Attendant:

- 1. Mindfulness + Breathwork + Therapeutic Touch**
Guided meditation, breath-focused awareness, and gentle human contact to ground you in safety, deepen relaxation, and strengthen body perception.
- 2. Sound + Vibration (Vibroacoustic Therapy)**
Low-frequency sound waves (20–120 Hz) in your Fundamental Frequency are delivered through a specialized vibroacoustic bed. This gently entrains the body toward deep calm, balancing the Autonomic Nervous System. This is a physiological, not emotional process.
- 3. Light + Frequency (Photobiomodulation & Pulsed Light Therapy)**
Near-infrared and pulsed light stimulate cellular repair and mitochondrial energy. Rhythmic pulsed light synchronized with sound frequencies promotes hemispheric balance and flexible, restorative brain states.

Key Benefits

FLYT supports holistic recovery and helps prevent physiological cascading that drives PTSD, anxiety, and depression, improving the way you function under stress. The multi-modal experiences are designed to:

- Rebalance the Autonomic Nervous System (ANS) and restore HRV (Heart Rate Variability), a key marker of resilience
- Reduce chronic sympathetic dominance (fight-or-flight response)
- Calm hyperarousal and enhance focus
- Improve sleep quality, cognitive clarity, and emotional regulation
- Support tissue and cellular healing (e.g., after concussion or blast injury)
- Build lasting, drug-free capacity and resilience under stress

Cost: \$1900 – Funding may be available.

Call or click today to apply:

757-452-3934

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FLYT / Heal the Warriors

www.tier1tc.com/therapy/flyt

www.healthwarriors.org