

As a retired music therapist, I am very aware that music has the ability to heal and alchemically transmute us from a state of dis-stress back to our original state of harmony. In my sound sessions, I see the body as a finely-tuned symphony orchestra. If one or more of the sections in the orchestra (or body) are out of tune, off rhythm, the entire orchestra becomes discordant. Being in "sound health" means all of our body's systems are in harmony. The intention of my individual sound sessions and group sound baths is to provide you the opportunity to return to a state of ease, a state of harmony and peace, by facilitating a hypometabolic state of deep relaxation where the body has a chance to do what it is designed to do: repair itself.

The guided meditation classes I offer are accompanied by Tibetan singing bowls. Each meditation has a specific intention, from healing anger, letting go of heavy energy, to finding your light and joy and everything in-between.