



Sound Therapy

Gong baths are highly rejuvenating for the body and bring about an overall sense of relaxation, which can reduce stress as well as help develop a better ability to cope with stress, help move emotional blockages from trauma, and even stimulate altered states of consciousness. It's thought that sound healing was used to promote relaxation, treat mental-health issues and even ward off evil spirits. More recently, research has linked music and sound healing to a number of wellbeing benefits, from lowering stress to boosting immune function.

Additional Benefits of Sound Therapy: Anger and blood pressure reduction, Improves circulation and increases blood flow, Deep relaxation and pain relief, Chakra balancing, Increased mental and emotional clarity, Promotes stillness, happiness and well being

Tibetan Singing Bowl meditation is a type of sound healing therapy that uses the vibrations of the singing bowl to promote relaxation and inner harmony. The vibrations produced by the singing bowl stimulate our alpha and theta brain waves, which are associated with deep relaxation and meditation. Each bowl includes all 7 metals, is hand hammered, and only made with native metals of the Himalayas.

Shamanic Drum Journeys

Healing. Drumming is not only a spiritual practice but also a powerful form of therapy. Studies have shown that rhythmic music can reduce stress, alleviate pain, and improve overall well-being. As you drum, you release tension and stagnant energy, allowing healing to occur on a physical, emotional, and spiritual level. There are so many benefits and gifts that come from shamanic journeying ranging from curing depression, overcoming addictions and feeling a greater sense of connectedness to oneself and the world.

With the help of sound therapy, your stress levels get reduced and you are able to focus more on building and strengthening relationships. By using specific frequencies to help rebalance brain function, sound therapy can help you think clearer and avoid the temptation to rely on self-destructive and addictive habits.

Thank you for your time. For Further Inquiries about private lessons or general information contact

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