

Sonic Wellbeing

Mondays at 2:15 - 3 pm

starting on March 6, 2017

Fitness room, 1st floor, Ed Robert's Campus

I am "out of tune" is a common expression used when we are stressed, anxious or have a physical illness. The immersive practice of therapeutic sound can help your body feel more "in tune".

Sonic healing is a powerful relaxation experience. In the class, we will breath, hum, chant and meditate. The practitioner uses singing bowls, drums, and other resonant instruments to stimulate the vagus nerve, which then activates the parasympathetic nervous system, resulting in a calming effect on the body.

Sonic healing can help you:

- *decrease stress*
- *improve mental clarity and focus*
- *release physical and/or emotional anxiety*
- *find relief for sleeping issues*
- *restore inner balance and harmony*



This class is accessible for all bodies and comfort levels. Participants are welcome to lie down on a yoga mat or sit in a chair. No previous experience required.

Please wear something warm and comfortable and bring a yoga mat, if you wish to lie down. Registration through Ed Robert's Campus pages.



Minna Sivola

Certified Sound Practitioner

minna@harmoniaalto.com

www.harmoniaalto.com

914 473 5945