

# ***INTRODUCTION TO SOUND MEDITATION***

**THURSDAY, JUNE 20<sup>TH</sup> 5:00 – 6:00 PM**

**STUDIO 'B' - PUTNAM HEALTH & FITNESS CENTER**



***Jana McNally***

**E-RYT – Experienced Registered Yoga Teacher  
Vibrational Sound Therapy Certified Practitioner**

## **What is Sound Meditation?**

It is a listening experience which uses sound and specific frequencies to melt away stress. The soothing sounds invite deep relaxation and restorative states to the mind and body. With stress being the major cause of illness, it is beneficial to incorporate relaxing modalities into our wellness regimes.

## **What happens during a Sound Meditation?**

Participants may choose to lie down or stay in a seated position, often with a blanket, pillow and an eye mask. After a guided meditation, Jana will offer a variety of sound frequencies using Crystal Alchemy bowls, Therapeutic metal bowls, chimes, pan drums, and a backdrop of nature sounds. These therapeutic sounds stimulate the alpha and theta brain waves which are associated with peaceful states conducive to healing.

## **What does the participant get from this experience?**

A participant will be introduced to breathing techniques and observe ways to bring deep relaxation to the body and mind. A Sound Meditation is a great way to explore how it feels to be in a meditative state of deep rest and relaxation. This presentation is beneficial for both beginners and experienced meditators as well. A Sound Meditation is a uniquely personal experience which invites self-inquiry, self-discovery and a deeply restored state of being.

## **Suggested Donations**

**PHFC members - \$5.**

**Non-members - \$10.**