



Sound Meditation

Thursday, May 9, 2024

5:00 p.m. - 6:00 p.m. EST

What is Sound Meditation?

Also known as a "Sound Bath" or "Sound Immersion," – it's any form of sound involving metal singing bowls, percussion, chimes, gongs, tuning forks, crystal bowls, intoning, voice, and/or chanting to create a soundscape in which to be able to meditate. During this session, employees will experience sounds and tones produced by the instructor using the various instruments listed above. Sound immersions can be very calming and quite relaxing!

What to bring:

- Thick, yoga Mat or blankets to lay on or to stay warm, a pillow (or two!) for under your knees and under your head.
- Bring anything that you need to feel comfortable laying down for the length of time.

Recommended:

- Headphones
- Turn OFF phone notifications for the length of the sound meditation.
- Drink plenty of water for 12-24 hours after.

CLICK HERE TO JOIN VIA ZOOM

About Jen Lobo Rose -

Jen Lobo Rose is a singer, voice teacher, sound therapy practitioner, composer, Reiki Level II, and owner of ResonateYou, established in August 2019. Jen has been singing since she was 3 years old, teaching voice for 20+ years to people of all ages, and sharing sound meditations since 2020. In addition to group sound meditations, she also shares Vibrational Sound Therapy with singing bowls on the body via private sound sessions. Learn more at www.resonateyou.com.

Jen has a unique background of training: B.A. in Music from Gettysburg College; M.A. in Music Theatre from New York University, Voice Pedagogy training with Jeanie LoVetri's, Somatic Voicework®, Sound Therapy training with the Vibrational Sound Association (VSA) and with Soundwise Health's ReikiVoice.