



Music, Sound, and Healing

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Music has the power to heal by
connecting with our body rhythms and
harmonic frequencies.



Topics

Body Rhythms
Harmonic Frequencies
Stress
Toxic Thoughts
Blood Pressure
Heart Rate
Immune System



Performances

Gong
Tibetan Singing Bowls
Metallophone
Mridangam
Shruti Box
Tuning Forks
Autoharp