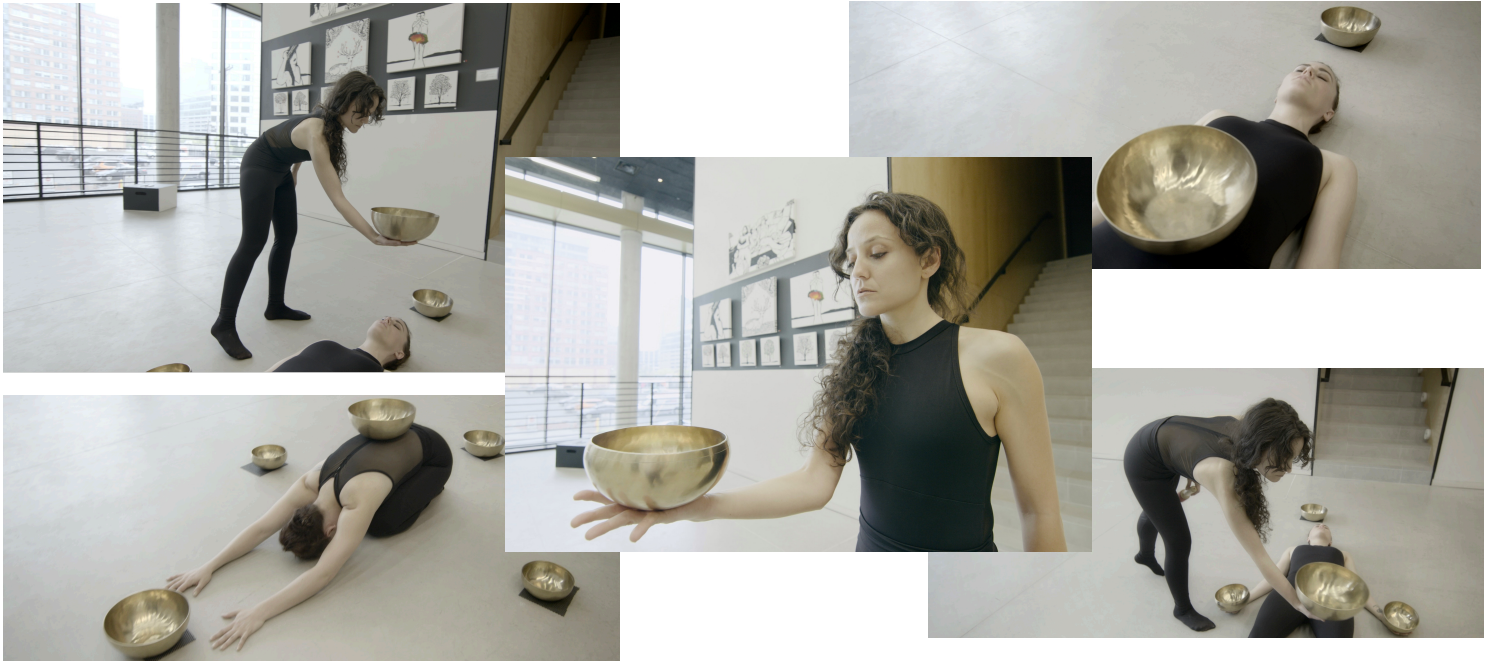


SOUND THERAPY PRACTICES

Moira's work addresses stress and its detrimental impact on humans' health and wellness; she holds space by facilitating therapeutic experiences that incorporate **Sound Therapy, Mindfulness Meditation, and Yoga** practices.



The *Sound-Mind-Yoga* offering aims to support and enhance clients' well-being by managing energy levels, mitigating stress, and sustaining wellness through the integration of Sound Therapy with Mindfulness Meditation and a variety of Yoga practices (Vinyasa, Vini, Adaptive, Restorative, and Yin) and Pranayama (breathwork). These sessions are designed to merge physical movement with the breath, moving energy in the body while fostering physiological and mental strength and stability.

The *Sound-Mind-Nidra* offering integrates Sound Therapy with Mindfulness Meditation and the motionless practice of Yoga Nidra; a threefold methodology that activates the parasympathetic nervous system, the branch of the central nervous system that specifically calms the body through the parasympathetic response. This experience emphasizes listening, using both sound and silence and engaging body and mind alike.

The *Sound* offering is entirely dedicated to Sound Therapy practices. Therapeutic sounds help balance energy through the use of consonance and dissonance. Consonant sounds activate the relaxation response, stabilize energy and nurture a sense of wholeness. Dissonant sounds move blocked energy and release stored emotions, stress, and trauma. Therapeutic sounds help promote wellness and a sense of well-being by connecting the physical with the emotional, intellectual, and energetic bodies. Sound healing instruments including gong, Himalayan singing bowls and tuning forks, foster the body's inherent vibration through what is known as 'sympathetic resonance.' This form of physical entrainment is achieved by projecting instruments' pure acoustic frequencies to imbalanced areas of the body, restoring optimal resonance.