

# Sound and Health



**Michael Braudy**

## Sessions in Music for Relaxation and Stress-reduction

Music into Silence is a workshop that takes the participant into silence to increase focus, and allow one to feel relaxed and refreshed. Exercises in a typical session include listening to music, vocalizing, and paying attention to body, breathing and thoughts. While listening to and vocalizing different kinds of music, and experiencing the silences that result, one finds breathing deepen, emotions become calmer, and a clearer and focused mind. After a session, one feels a relaxed awareness.

The goal of a session is focus and calmness, freedom from stressful thoughts that interfere with everyday activities, freedom from fatigue and stress in the body, and calmer emotions, replacing stress with increased vitality and awareness that enhances our relationship with oneself and others.

The workshop focuses on what we experience in the silences between the music. The one-hour session is given at your place of work, as a welcome respite from a busy day and a means to a calmer, more productive one ahead.

### **Quotes from participants of workshops given by Michael Braudy:**

"Refreshing"

"Relaxing and energizing at the same time"

"Effective communication and kept interest levels very high"

"Michael's warm, open demeanor created an atmosphere of trust and exploration."

**Michael Braudy** is an experienced violinist in Western, North Indian and Celtic music, and has taught music and meditation for over 30 years, including trainings in self-development and T'ai Chi Chuan. From a deep commitment to music as a tool for meditation and health, he gives music workshops and performances in the United States and abroad, including sessions in New York, Mumbai and Pune. Michael has also given performances in Kolkata, Delhi, Mumbai, Auroville, and at the Jaipur International Festival in Rajasthan, India. His discography includes *Sumanas*, *Vriddhi* and *Awakening Peace*, a series of ragas for health, and *Celtic Afternoon*, a live concert in Manhattan. His website is [www.michaelbraudy.com](http://www.michaelbraudy.com).