

Sound and Health Workshops



Michael Braudy

Music for Meditation and Health

New Name for Workshop: Sound and Health through Music

This workshop takes us into silence through musical experiences that include listening to Indian music, solo Bach and Celtic airs on the violin, and singing Indian tones from ragas (no prior experience necessary). Throughout the session we pay attention to our breathing and the effect of the music on us. We discover that the silence after the music reduces stress, deepens breathing, and calms our emotions and mind. Participants will experience a calmer, more relaxed body and breathing, quieter mind, and increased awareness of vibration in the body.

Upcoming workshop:

Saturday, November 16, 2013 from 3 to 5 p.m. at Cora Dance in Red Hook, Brooklyn

See www.soundandhealth.com/events for details.

Quotes from participants of past workshops

“I had a great time and loved the activities. Listening made me more attentive and calm, singing made me more energized and actively involved, and the silence made me deeper.”

“The music felt meditative and spiritual to me, the singing an emotional release I had never experienced singing before.”

“I especially enjoyed the chance to sing in that safe, centered and meditative way.”

”Relaxing and energizing at the same time”

"Refreshing"

"Effective communication and kept interest levels very high"

“Michael’s warm, open demeanor created an atmosphere of trust and exploration.”

Michael Braudy is a violinist who specializes in Western classical and Celtic music and the music of India, and has taught music and meditation for more than 30 years. From a deep commitment to music for health, he gives workshops in the United States and abroad, and has performed in Kolkata, Delhi, Mumbai, Auroville, and the Jaipur International Festival in Rajasthan. His recordings include the ragas for health CD’s *Sumanas*, *Vridhhi* and *Awakening Peace*, and two live concerts, *Celtic Afternoon* and *From the Ganga to the Tay*.