

PIANO PERFORMANCE

Keeping the solo piano tradition alive for the piano-listening audience. Genres include classical, jazz, rhythm and blues, show tunes, folk songs, and spirituals. Ideal for churches, community groups, adult day care centers, and nursing homes.

TAI CHI CHUAN AS A HEALING ART

Tai Chi Chuan (tai chi) is an ancient therapeutic exercise which incorporates slow moving body movements. Tai Chi is considered a healing exercise because of its reputation for alleviating many ailments such as hypertension, gastric problems, arthritis, heart disease, and anemia. These exercises' improve circulation and help strengthen and relax the nervous system. The mild stretching movements tone up the muscles and help release tension.

OTHER BENEFITS OF TAI CHI CHUAN

- Develops calmness and a relaxed state
- Increases self control
- Improves concentration
- Develops sensitivity

YOGA AS A HEALING ART

Yoga is an ancient art which combines breathing, body movements (postures), and the power of the mind to develop the union of mind, body, and emotions. The result is inner harmony, balance, and increased vitality.

OTHER BENEFITS OF YOGA

- Stress relief
- Weight management
- Mental clarity
- Relief from depression
- Improves circulation
- Pain relief
- Normalizes blood pressure
- Anger management

TAI CHI/YOGA THERAPY AS A HEALTH MAINTENANCE ALTERNATIVE IN THE NEW AGE

Tai Chi Chuan (movement) and Hatha Yoga (postures) are integrated. These movements and postures, along with breathing and meditation techniques, and sound help to develop a balanced physical, mental, and emotional state.

TAI CHI/YOGA FOR OLDER ADULTS

As we grow older our body can become stiff or lazy. Our mind can experience the same. Tai Chi/Yoga techniques relax the body and open up the mind. Fluidity of body and mind develops as they are integrated. With this comes an emotionally balanced state. Thus, tension quietly slips away. Energy is increased and can be stored; ready for use precisely as and when needed.

FINDING YOUR CENTER THROUGH STRESS MANAGEMENT

Stress can throw you off balance and it is linked to diseases such as diabetes, tumors, obesity, and cancer. Learn breathing and Tai Chi/Yoga techniques for stress management. Be in control of the situation by being in control of yourself. Good for single parents, executives, corporate employees, professionals, and people on the move.

MEDITATION- MEDICINE THERAPY

Studied by scientists and recommended by doctors, the ancient art of meditation offers helpful benefits to people in today's world. These healing teachings can assist in awakening one's dormant healing powers and latent mental abilities which contribute toward a sense of over-all well being.

**OTHER HEALING QUALITIES OF MEDITATION-
MEDICINE THERAPY**

- Removes stress
- Stabilizes the mind and emotions
- Resolves addictions
- Overcomes depression
- Overcomes fear
- Builds confidence
- Develops positive self-esteem

INTEGRAL YOGIC COUNSELING

Does your life appear to be in shambles? Is your world falling apart? Have you lost control of things? Has life lost its meaning? Do you feel unfulfilled? Do not give up or give in. There is hope. It has been said that sharing one's personal challenges with another is a good way to "get things off one's chest."

Music Therapy and the Healing Arts offers a compassionate ear and more. Components of yoga are integrated with competent counseling as a holistic approach to guide/coach the whole person through overwhelming situations; depression, obesity, low self-esteem issues, anger, and addictions (sex, food, etc.). Matters such as fear, isolation, grief and loss, troubled or broken relationships are addressed as you begin to experience hope, strength, and healing while returning to an improved quality of life.

**MUSIC THERAPY AND THE HEALING ARTS MUSIC
CENTER**

Now available is a large collection of used LPs for sale. Mostly from the 1960s-70s eras, these LPs are in very good condition and most of them are still in their original covers. Genres include jazz, classical, rhythm and blues, gospel, traditional African drumming, and New Age. Please use the "Contact Me" on the Biography page or the "Blog" page to contact us.



and the
Healing Arts

