

ONLINE SEMINAR through **ZOOM** Open Sky

# *the* HEART of SOUND



Experiences in Sound, Music and Vibration

with **MEG RUBY** **MAY 21-22 FRI & SAT**  
**10am-2pm (EST) \$160**

## **Music can heal, enliven, and nurture us.**

In this soulful weekend workshop we explore the nature of sound and music, uncovering fresh possibilities within ourselves, our relationships, and the environment. You will learn the science behind how sound works and why it affects our general health, hormones, mood, and brain.

We will practice the ancient system of Nada Yoga, the inner sacred sound, becoming one with vibration. You may start to hear music in ways you've never experienced before. Learn about how tuning forks, bowls, gongs, and various other instruments can be used as tools for healing. Learn how to develop your own practice using sound tools of choice and your voice. Experience sound as a shamanic journey, releasing lifetimes of stress and habitual patterning. Learn how to incorporate sound into various aspects of your work and life. Side effects of this weekend may include renewal, deep rest, inspiration, and more!

**Meg Ruby** MA Mus., RYT200 holds a Bachelor's and Master's Degrees in Piano Performance along with Doctoral Studies at the Eastman School of Music. She is a concert pianist, composer, and sound healer. Meg is a graduate of Open Sky Yoga, and completed her Sound Facilitator training at the Open Center in NYC. Her performances are a unique experience as she combines improvisation with classical music, electronics and ambient sound landscapes. She integrates into her work years of training in reiki, yoga, ayurveda, meditation, astrology, Continuum Movement, and various art therapies. Her work has taken her all around the world, from Carnegie Hall to the International Art therapy conference in Hong Kong, from Berkeley College of Music to Eastman School of Music.

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"What Makes Us Feel Drawn To Music Is That Our Whole Being Is Music..." —**Hazrat Inayat Khan**

**LIVE ON ZOOM AND RECORDED**

Please register at [www.openskyyoga.com](http://www.openskyyoga.com)