

I began practicing yoga while I was studying to become a Certified Clinical Musician, and it quickly became an integral part of my lifestyle and self-care. Over time I came to notice not just the benefits of yoga, but the similarities between yogic practice and therapeutic harp. As a harpist, I have suffered from back, shoulder and neck problems for many years. The strength I've built from yoga, coupled with the alignment and elongation of the muscles, has saved my back. I went from getting stiff necks every month to only a couple of times a year. My posture has improved, allowing me to sit at the harp for longer periods of time. Mentally, yoga has helped me become more centered, something we strive for as therapeutic musicians. Like any therapy, we leave our own baggage at the door when we enter a therapeutic music session. Our goal is to facilitate relaxation and healing in our listener, and a clear mind and open energy help the music truly resonate throughout the room. Before yoga, I had trouble turning my mind off to distractions and found meditation overwhelming. Yoga has taught me to be less judgmental with myself, focusing on my breath and body instead of all the disruptive thoughts. There is no doubt that this mental shift has helped my musical practice tremendously.

Both yoga and harp music connect to the soul in a unique way. Just as yoga has shed new light on my musical practice, the harp can assist in the mind-body connection that yoga inspires. The calming essence of the instrument and its resonant vibrations encourage us to sit with our thoughts and feelings. It's a naturally introspective instrument as well as a spiritual one. My journey with harp and yoga inspired me to integrate the instrument into yoga classes. I have accompanied guided meditations, restorative yoga, yoga nidra classes, and more. I have also brought healing harp yoga to cancer patients at local cancer support centers. To witness the blend of harp music and yoga is a unique and spectacular experience and it is a pleasure to bring this service to the community.

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Owner of Harp & Wellness  
Certified Therapeutic Musician  
Certified Meditation and Mindfulness Teacher  
Mental Health Practitioner

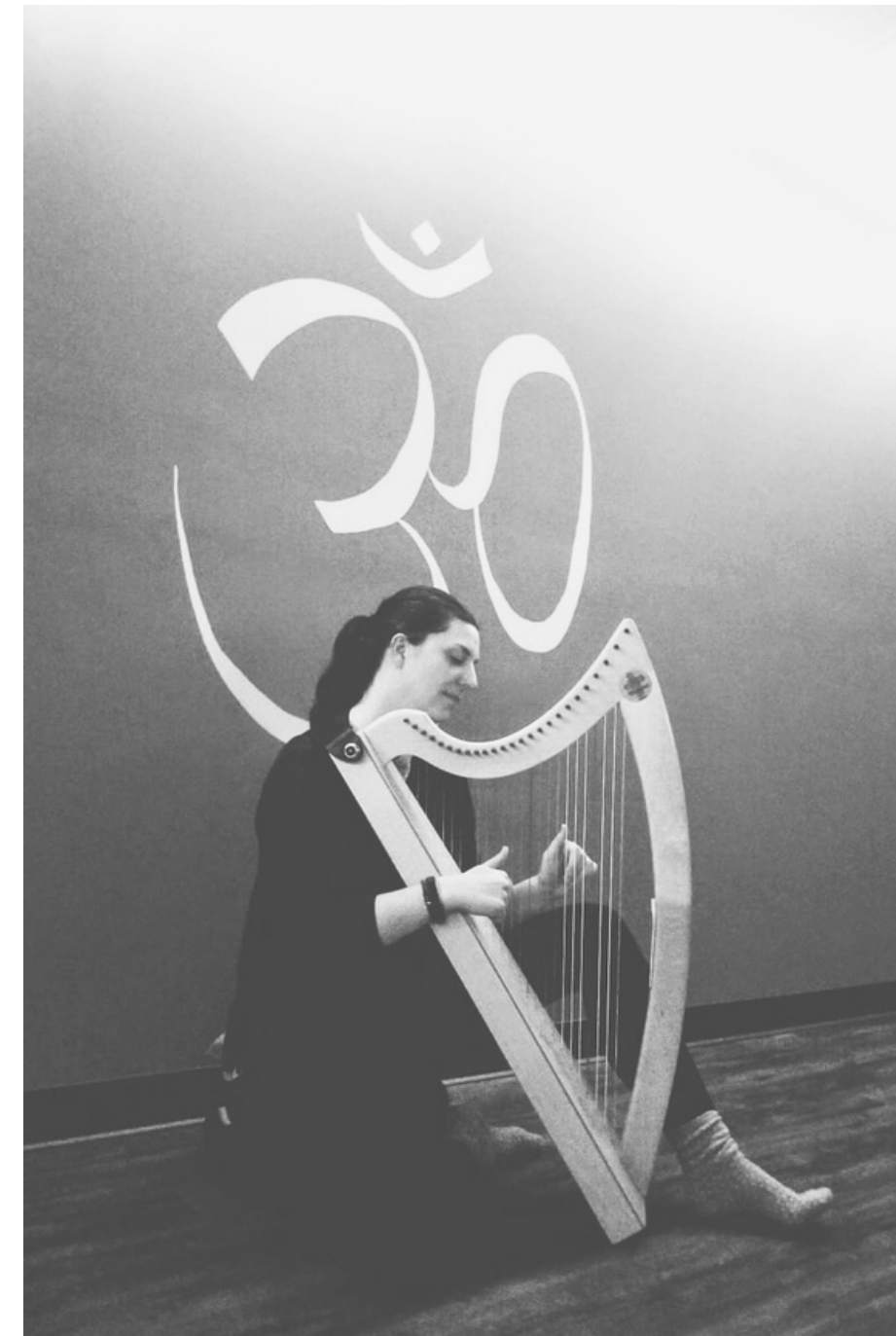
Offering the following services for yoga studios and wellness centers:

harp accompaniment for  
yoga classes  
meditations  
energy healing

harp-guided meditations

healing, relaxing music for public areas and lobbies

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## FAQs:

### What types of yoga are best paired with live harp music?

The harp's pure, mellow sound best accompanies more gentle forms of yoga such as restorative, nidra, yin, spa, and slow flow classes. It also serves as an aid for guided meditation and energy healing.

### What are the benefits of harp music as they relate to yogic practice?

Therapeutic harp music has numerous benefits on physical, mental, emotional, and spiritual levels. These are just some of the benefits that have been scientifically proven:

Physical: deepen and smooth breathing, relax the muscles, decrease pain levels, lower blood pressure

Mental: aid focus, relax the mind, decrease stress and anxiety, awaken the senses

Emotional: instill feelings of calm, comfort, peace, and upliftment

Spiritual: strengthen our human connection, deepen our oneness with the Universe

### What can I expect from harp-accompanied yoga?

As the first notes are played, the unique, tranquil sounds of the harp fill the room, creating an environment for balance, introspection, and spiritual growth. The harp's resonance sends vibrations that are both heard and felt. I cater the musical style to the energy of the class by adjusting rhythm and tempo, as well as by playing notes that emit vibrations at specific levels.

### What kind of harp is used in yoga and guided meditation?

I use a small, 3-octave harp that has been created specifically for therapeutic purposes. A larger floor harp is available upon request.