

# SONG & CHANT RHYTHM & TEMPO RESONANT FREQUENCIES

## SOUND SANGHA

### Personal Applications of Sound & Music

Join JOSHUA LEEDS in an experiential exploration of sound for spirit, health, learning and productivity. SOUND SANGHA is a fun community, gathering to go deep into vital sound and empowering music.

- Daily singing and rhythm
- Vibroacoustics – Tuning Forks
- Sound as frequency medicine
- Resonance, entrainment & pattern identification
- Psychoacoustic techniques for musicians
- Sound and animals
- Practical tools & techniques
- Extraordinary guest presenters

### Introductory Evening

Thursday, May 8, 2014 • 7:30-10:30pm  
\$10/door

### 3.5-Day Retreat

Friday-Monday May 23-26, 2014

Cost: \$265/\$295

Hidden Springs Wellness Center Ashland, OR

**Joshua Leeds** is a sound researcher, educator, and music producer with 50+ hours of specialized soundtracks used in clinics, classrooms, and animal care facilities worldwide. He specializes in the field of **psychoacoustics**, the study of the effect of music and sound on the human nervous system, and **bioacoustics**, how human sound affects other living beings. He is the author of *The Power of Sound*, *Through a Dog's Ear*, and *Sonic Alchemy*.



Further information and registration: [JoshuaLeeds.com](http://JoshuaLeeds.com) 541.488.7765