

## **ADULT PROGRAMMING IDEAS**

### **PROGRAM TITLE AND BRIEF DESCRIPTION**

Sound Healing - JOE HAYES is the founder and proprietor of SoundScapers, which for the past eight years has brought sound healing workshops to thousands of attendees at hundreds of yoga studios, schools, healing centers, and hospitals throughout New England.

### **PROGRAM PROCEDURE, MATERIALS NEEDED, COST OF PROGRAM**

Sound Healing is an ancient protocol of wellness and well-being currently undergoing a global renaissance as more and more people experience its many benefits for mind, body, and soul. Sound healing has been extolled by such people as Dr. Oz., Dr. Andrew Weil, Dr. Deepak Chopra, the Dalai Lama, and many others. Attendees are bathed in therapeutic sound and tone, including the didgeridoo, the shruti box, spoken word, sacred chant, and a full complement of Himalayan, quartz crystal, and fusion sound bowls.

### **OUTSIDE PRESENTER CONTACT INFORMATION**

J. G. Hayes  
SoundScapers  
781-254-3239  
Facebook: J.g. Hayes  
joeyghayes@comcast.net

### **ADDITIONAL COMMENTS (DURATION OF PROGRAM, SUGGESTED NUMBER OF PARTICIPANTS, HOW PROGRAM WAS PROMOTED, TIME OF DAY PROGRAM WAS HELD)**

We had 13 attendees on yoga mats--most everyone lays down during the sound healing. If you have a larger space you could have more. I did not do much advertising as I immediately had a waiting list for the program. We held it on an evening 6-7:30

### **CONTACT INFORMATION OF LIBRARIAN SUBMITTING PROGRAM:**

Deborah Gadwah-Lambert  
Maxfield Public Library  
8 Route 129  
Loudon, NH 03307  
603-798-5153