



Downtown Cleveland's

Nationally Certified Continuing Education.

Thai Massage, Yoga, Meditation & Aerial Arts

The Studio Cleveland

Sound Healing with The Studio Cleveland

The Studio Cleveland is a community-centered holistic wellness and education sanctuary located in the heart of Downtown Cleveland. The Studio Cleveland specializes in Workplace & Residential Wellness Programs and has partnered with companies such as The Cleveland Clinic, Case Western Reserve University, Sherwin Williams, Lincoln Electric and much more. The Studio Cleveland is honored to host you on-site for a Guided Sound Healing.

What is Sound Healing?

Sound healing works with the chakras (energy points in the body) and frequencies to clear out blocked energy and attune our body back to its natural vibration. Certain notes work with certain chakras to bring them back into alignment. Sound healing works rapidly to bring the chakras back to their natural vibration by using instruments that are in tune with those frequencies.

Everything on this planet has a certain frequency: The plants, the people, & the planet itself.

There are sounds that are powerful enough to bring our internal frequencies back to regulation. The crystal bowls, gongs, rattles, and other instruments create vibrations powerful enough to transmit their frequencies through the human body and clear out energetic blockages. Each sound healing experience will be different from session to session and from individual to individual.

Some Benefits of Sound Healing include:

- Calming the body and mind
- Stress and anxiety reduction
- Increases focus and clarity
- Decreases tension and fatigue
- Improves sleep
- Boosts mood and reduces negative emotions
- Elevates feelings of physical and spiritual well-being

Who will be providing the Sound Healing Workshop?

Jessie Hare is a Sound Healer, Yoga and Meditation Instructor, Reiki Healer, and Tarot & Astrology Reader.



A note from Jessie:

“Like for many others, music has played a major role throughout my whole life. I have taken music, dance, gymnastics, and theater lessons for as long as I can remember. During my Yoga Teacher Training, music was introduced to me as a form of healing which opened an entire new world that I felt compelled to share.

I have since taken my studies further certifying myself in Sound Healing, Reiki and continuing my Yoga Teacher Training in a more advanced program. I incorporate sound in all my classes to create a healing and relaxing environment. I also specialize in sound baths which provide a unique and powerful meditative and healing experience. My hope is to continue to expand my knowledge and experience to bring this very special form of healing to as many as possible”.