

### Micro Course Monday – Meditation & Sound Bath

Micro Course	Meditation & Sound Bath
Date	Monday, May 5th
Time	3:00-4:00pm
In-Person Location	Dana Hall 228 – <a href="#">campus map</a> – parking in lot 5
Online Link	<a href="#">Live online in Collaborate</a>
Presenter	Erin Lassial



Learn about sound therapy and how vibration and sound interact with the body to induce relaxation and move energy. Sounds therapy is scientifically proven to benefit physical and mental health and is practiced in many cultures around the world. In this micro course will learn the role of the Vagus nerve, the process of sympathetic resonance and the importance of vibrational frequency in biochemical release. This micro course also includes a sound bath experience with sacred sound instruments like ancient Himalayan singing bowls, dorje, ghanta and tingshas.

#### Still interested in the topic?

Each semester SUNY Canton offers 1-credit and 3-credit courses on the topic of wellness, including mindfulness and yoga. [Wellness course list](#)

Enroll in the [Foundations in Mind-Body Wellness minor](#), which includes 6 courses (18 credits) dedicated to the integration of theory and practice of mind-body wellness and health.