


# Harmonizing Minds

Exploring the Mental Wellbeing Benefits of Sound Bowl Meditation




Dive into the transformative world of sound bowl meditation and its impact on mental well-being. Learn from our experience implementing a sound bowl meditation group. We will discuss the benefits, techniques, and observed impact of sound bowls. Then, immerse yourself in a captivating 45-minute demonstration to experience the soothing vibrations firsthand.

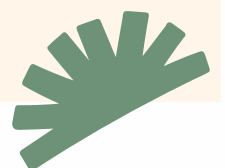


**Music is a moral law. It gives soul to the universe wings to the mind, flight to the imagination, and charm and gaiety to life and to everything.**

- Plato

## Learning Objectives:

1. Understand the principles and techniques of sound bowl meditation.
  2. Compare and contrast sound bowl meditation with traditional meditation.
  3. Identify the potential impacts of sound bowl meditation on mental wellbeing, including both psychological and physiological benefits.
  4. Explore the observed impacts and benefits of sound bowl meditation on mental wellbeing.
  5. Experience a sound bowl demonstration to cultivate personal understanding and appreciation of its effects.
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# Notes



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Ashley Oxton is a Licensed Professional Counselor and a Licensed Addictions Counselor in the state of Colorado. She graduated from the University of Northern Colorado with a degree in Clinician Counseling in 2011. The last 10 years of her career has been working at North Range Behavioral Health where she began on the Youth and Family Outpatient team. Ashley was promoted to Program Director for the West Greeley and Windsor Counseling Centers in 2022.



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Miranda Jankowski is a Licensed Professional Counselor in the state of Colorado. She works in community mental health with North Range Behavioral Health. Miranda went to the University of Wisconsin – Stout and obtained her Master of Science in Clinical Mental Health Counseling with concentrations in Alcohol and Other Drug Abuse and Child and Adolescent Counseling. Currently Miranda works with people ages 12 and up specializing in trauma work.



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Julia Kallis works at North Range Behavioral as a case manager between the Counseling Centers at Windsor and West Greeley. She graduated cum laude from Colorado State University in May 2021 and is excited to be working towards her Marriage and Family Therapy degree at CSU. Julia is passionate about intergenerational trauma, multicultural families, and attachment theory.