

Create Calm with Sound

Presentation by Tina Thrussell,
Woman Who Dances with Light

People *hear* sound all the time, but they don't always *listen* .

Sound has a Measurable Effect on your Body, your state of Mind ,and your Emotions.

Therefore **pay attention to how sound affects you!**

The Decibel Scale

40 db quiet conversation

60db normal conversation

90 db subway train

95-100db gas-powered lawn mower

110db rock concert

130db jet engine

Maximum tolerance level in an 8
hour day:

Adults 80db; children 60db.

Maximum tolerance level for 2
hours is 90 db.

Recordings used in this session:

Woodland Song (Birds and water for relaxation and concentration. Download at:
<https://soundwellness.com/nutritious-sound/>

Low, Slow music for relaxation: Chopin:
Cello Sonata in G minor, Op. 65, B-160

High, Fast music for energizing:
Lindsey Stirling: Electric Daisy Violin

Tina's Gift to You

Receive your complimentary subscription to "Heart and Mind Matters" (an inspirational article, video and quote of the week) by entering your name and email address at www.bestucanb.ca



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