

"STRESS IS THE HEALTH EPIDEMIC OF THE 21ST CENTURY"

– The World Health Organization



The Musical Stress Reduction Experience

Stress overload is a killer. A killer of productivity, of collaboration, of creativity, of motivation, of health, and all too often, of careers, families and lives.

Bringing a light-hearted, non-stuffy, fun, entertaining and engaging approach to a dead-serious problem, The Musical Stress Reduction Experience draws you into a deep, transformative experience using the power of music to illustrate and animate the timeless tools and proven practices of mindfulness and meditation to reduce your stress.

Be entertained. Be empowered. Be transformed. Just breathe. See you later, stress.

"Adding music in to help calm the mind/body and focus is brilliant. It's like mindfulness for skeptics - those who don't think they can do it - they are doing it while their mind thinks it's just listening to music or old friends talking." - Jean Frazier, R.N., Mindfulness Coach, Sharp Healthcare

- Over 50% of employers are providing mindfulness classes or training to their employees.
- Meditation at work reduces stress levels by 31%, increases energy levels of employees by 28%, and can increase employees' productivity by 120%!
- Shared musical performance at work aids in productivity, creativity, focus and fosters connection between participants and their teams.



Heather Bloodworth

Executive Mindfulness Coach and high level professional with extensive training in Mindfulness and Meditation from the University of Pennsylvania and the University of California

YOUR MC'S (MASTERS OF CHILL)

Michael Tiernan

Singer/Songwriter and 2-time Los Angeles Music Awards winner, author of 7 acclaimed albums, and transformative songwriting coach.



BOOKING

Virtual / Hybrid / In-Person Events:

215-962-5896 • MusicalStressReduction@gmail.com

