Lavender Suarez

Sound & Energetic Therapist

Educator

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Workshops & Teaching

2017

"Meditating with Sound: Ancient and Modern Approaches" | Rubin Museum | New York, NY | Lecture & sound bath featuring digital and acoustic sound healing methods, over 130 participants

"Sound Bath" | Wanderlust Yoga Festival | Brooklyn, NY | Two sound baths at large yoga fest featuring over 2K participants

"Sound Meditation" | Rubin Museum | New York, NY | In-depth sound bath featuring digital and acoustic sound healing methods

"Sound Bath + Guided Meditations" | Millerton, NY | Monthly collaborative workshop with somatic-practitioner Sandrine Harris featuring healing music, movement and meditation

"Fourth Fridays Sound Bath" | Catskill, NY | Monthly by-donation sound bath series

2016

"Listening in the Leaves" | Brooklyn Botanic Garden | Brooklyn, NY | Lecture & discussion on how to deal with noise pollution in NYC with walking + listening tour of the BBG.

“Transcendent Waves” | Maha Rose | Brooklyn, NY | Sound healing workshop with personal healing treatments for all participants and original digital healing audio played throughout.

“Deep Listening & The Physical Properties of Sound” | RPI University | Troy, NY | Lecture & sound healing exploration for engineering students.

“Breathe & Resonate” | Maha Rose North | Woodstock, NY | Breathwork and sound healing workshop.

“All Ears” | Kites Nest | Hudson, NY | Ten week class for pre-teens about exploring sound through science, recording, expression and wellness.

“Healing Music Meditation” | Bodhi Spa & Yoga | Hudson, NY | Monthly sound bath series.

2015

“Therapeutic Applications of Recordings” | Oral History Summer School | Hudson, NY | Lecture about digital audio as a healing medium and how to interview someone compassionately.

“Brainwave Entrainment Audio for Healing” | MoMA PS 1 | Brooklyn, NY | Lecture and performance about how sound effects brainwave states and psychoacoustic properties.

“Flowering Awareness” | Healing Arts Space | Hudson, NY | Collaborative workshop with hynotherapist Carly Ptak featuring aromatherapy, hypnotherapy, sound healing and movement.

Private Practice

Owner/operator of sound healing private practice on over 100 acres in Hillsdale, NY which treats individuals for various mental and physical conditions as well as groups through workshops since 2014.

Education & Certification

B.S. Psychology / Art Therapy | St. Thomas Aquinas College | Sparkill, NY |

Certified in Sound Healing | Sound Healer Association | 2014

Certified Reiki Level 2 | Four month course with Reiki Master C. Ruderman | Hudson NY | 2014