

# I Would Love To Collaborate With You!

INCORPORATE A **SOUND EXPERIENCE** INTO  
YOUR BRAND, COMMUNITY, OR  
CORPORATION TO ENHANCE WELLNESS.

*Jinah curates a customized sound experience incorporating light movement, mindful breathing, sound, and visualization. This unique journey cultivates an array of incredible benefits that work as an excellent addition to any community.*

## BENEFITS

- Relaxation
- Increased Self-Awareness
- Enhanced Focus and Creativity
- Enhanced Communication and Compassion
- Increased Self-Confidence
- Release Undesirable Emotions, Thought Forms and Habits
- Improved Sleep
- Decreased Anxiety and Depression
- Activation of the Body's Natural Ability to Heal
- Inner Peace

**See Additional Benefits  
Below**

## ABOUT JINAH

Jinah Parker is a multi-faceted artist, educator, and wellness practitioner with a Master's Degree in Dance Education from New York University, a B.A. in Dance from the University at Buffalo, (Phi Beta Kappa), and currently working on a Ph.D. in mind-body medicine. Her work hailed as "passionate and necessary" by the New York Times, is integrative combining dance and wellness. This can be seen in her most recent creation "SHE, a Choreoplay," a dance and theatrical performance that focuses on ending violence against women and girls, healing, and empowerment. "With 'SHE,' Jinah Parker triumphs Over A Culture that Abuses Women" (The Village Voice) and extends beyond the stage with interactive conversations and educational tools. Embracing lifelong learning to enhance her work, Jinah received a license in Neuro Linguistic Programming under the teaching of Jeffrey V. Noble and co-founder Richard Bandler. Additionally, she is trained as an energy medicine practitioner and utilizes sound healing, meditation, and breathwork. Jinah now works with clients one on one in her private coaching practice while integrating these tools within her artistic residencies. Jinah's work also includes teaching dance and performing internationally while receiving generous accolades and support from well-known artists such as Eve Ensler, creator of The Vagina Monologues; actress and best-selling author Gabrielle Union; in addition, to support from NBA Hall of Famer Grant Hill, Elle magazine, and The National Organization of Women.

JINAH



PARKER



### CONNECT

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# FAQ

DISCOVER WHAT MAKES THIS EXPERIENCE  
UNIQUE THROUGH THE SERIES OF QUESTIONS  
BELOW.

JINAH



PARKER

## WHY JINAH?

*Jinah's background in dance, theater, playwriting, and education becomes infused with her diverse training in wellness and natural intuitive spirit. As someone who has overcome her own experiences with trauma by utilizing alternative modalities, Jinah is able to meet participants where they are and carefully and confidently support the wellness journey of others. She approaches each session with creativity, and deep listening, fueled by her years of experience as an educator. Furthermore, her work is continuously enhanced through her current studies as a mind-body medicine doctoral student. As a result, Jinah remains up to date on current research and advancements in the field.*

## WHAT IS A SOUND BATH?

*An immersive mind-body experience where the participant is "bathed" in sounds. Soothing yet powerful healing instruments are used to induce a deep state of relaxation resulting in an array of benefits.*

## WHY SOUND?

*Music is a familiar part of life for most people around the world. Music as medicine transcends time, languages, and cultures and is old as medicine itself. Evidence indicates that the soothing comfort of music can induce relaxation, reduce pain and anxiety, and potentially decrease stress-related dis-ease in the body.*

*Studies show that a combination of sound bowls, deep breathing, and visualizations, along with love and kindness meditations serves as a catalyst for emotional and psychological healing.*

*Unlike medication and yoga, this form of relation and stress relief does not require training or a great deal of discipline making it an extremely simple and accessible wellness modality.*

*Simply lying down and listening to a combination of singing bowls, gongs, and other meditative sounds induce a deep relaxation response which positively affects one's mood and sense of well-being. Participants may even fall asleep if desired and still receive the benefits. At the very least participants will feel a deep relaxation and inner peace following the sound experience.*

*A Little History...*

*Hippocrates, the father of Greek medicine was known to play music for his patients.*

*Aristotle used music as a force that purified the emotions.*

*Plato believed that music attuned the soul to the cosmos.*

*In Chinese medicine, music is thought to possess a "quasi-magical transformative power."*

## WHY LIGHT MOVEMENT?

*Most of us sit or stand in one spot during the day locking stress-energy and creating tension in the body. Movement helps to unlock congested energy while energizing the mind and body. Through the clearing of congested energy, the body is able to receive greater benefits from sound and/or meditation.*

## WHY MINDFUL BREATHING?

*Mindful breathing helps to ground us in the present moment facilitating the process of "letting go" before the sound bath and/or meditation even begins. Mindful breathing has been reported to decrease stress and negative thinking while reducing anxiety and feelings of being overwhelmed and burnout.*



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## WHY VISUALIZATION?

*Much of our life is guided by the pictures that we create in our head. When we learn to use these images to our benefit through guided multi-sensory visualizations we have the ability to increase our joy, confidence, and productivity. Because our subconscious mind doesn't know the difference between fantasy and reality we become limitless setting our lives into complete expansion.*

*In an article on the success of Michael Jordan, the author states:*

*Jordan started to practice the mindset of visualization, imagining himself making the game-winning shot well before he stepped on the basketball court. Jordan's imagination fueled his confidence, drive, and belief in himself. – Christopher D. Connors, The Medium*

*I never hit a shot, not even in practice, without having a very sharp in-focus picture of it in my head.*

*– Jack Nicklaus, Golfer*

## WHAT ARE THE BENEFITS OF THE EXPERIENCE?

- *Optimize the quality of life and improve physical, social, communicative, emotional, intellectual, and spiritual health and wellbeing.*
- *Relaxation. The body's physiological response to relaxation included: lowered blood pressure which counters flight or flight response and the activation of the parasympathetic nervous system. If the parasympathetic nervous system is functioning well, it reduces the risk of heart disease, stroke, and migraines while improving gut health.*
- *Cultivates self-awareness and a stronger body-mind connection which is essential to long-term wellness.*
- *Enhances community, compassion, and communication, therefore, developing stronger working relationships.*
- *Stillness to quiet the mind and acquire a sense of inner peace and calm.*
- *Work through and release undesirable emotions, thought forms, and habits.*
- *Significantly decrease anxiety and depression.*
- *Increased self-confidence.*
- *Enhanced focus and the ability to listen and pay greater attention to detail.*
- *Creativity.*
- *Improved sleep.*
- *Activation of the body's natural ability to heal.*

