



**1st Annual
Music Is Healing
Virtual Retreat**

**with
Music Is Healing**

Description: The Music Is Healing Virtual Retreat is a two-day transformative convergence that could be described as the ultimate rejuvenation experience. Hosted live from the base of beautiful Mt Shasta, this online experience will include: speakers, demonstrations, morning activities for children, healing workshops for all ages and 2 nights of intimate poetry, music and dancing with singers and players of instruments of the Music Is Healing collective and, we hope, **You!** Join us from the comfort of your home (or tent) for the live streams, interactive workshops, panels discussions, musical selections and DJ dance parties.

Where: Online (Live from Mount Shasta)

Where: musicishealing.us

Who: Music Is Healing artists and healers

Contact: musicishealingus@gmail.com

Organizer: 415-619-9243

Facebook: [Music Is Healing Us](https://www.facebook.com/MusicIsHealingUs)

Instagram: [@musicishealingus](https://www.instagram.com/musicishealingus)

Reserve a spot (space limited): <https://wordssoundlife.ticketleap.com/>

Apply to present/volunteer: <https://bit.ly/2OpjihP>

When (tentative date): Friday August 7 – Sunday August 9

Why: On August 8th, the brightest star in our sky (Sirius, known as the “Dog Star”) will reach its closest point to us and align with the Sun and Earth, opening what is known as the Lion’s Gate portal.

Why: The intent of the retreat is to create a space of meditation, restoration and rejuvenation during distressing times. Given its virtual nature, this event will be less personable than the *Wellness Forum* and *Unity through Music Festival* (both put on by Music Is Healing), but we believe can serve the same purpose of providing an enriching opportunity for gaining valuable tools that fortify the four pillars of wellness: mind, body,



community, spirit. As this will be our first virtual retreat, the primary participants will be artists/healers aligned with Music Is Healing's message of Unity through Music who feel inspired to develop and share their artistic or healing talents. To insure the intimacy of the sessions and facilitate productive discussion among participants, space is limited.

PRESENTER INFORMATION:

We invite artists, speakers and workshop presenters on topics ranging from financial health, mindfulness, fitness, music, therapy, nutrition (and other holistic modalities) with the goal to provide attendees with valuable resources that offer a variety of healing benefits. In particular, we would like to invite young artists to perform, to speak, and/or to facilitate a workshop. Sessions should be between 40 minutes and 1-hour long. Accepted topics will be presented as a videoconferencing breakout room, panel discussion or as part of the live stream line-up, according to the length and nature of the submission's contribution. To volunteer, present or perform, complete the [application](#).

PARTICIPANT INFORMATION:

The event begins on **Friday, August 7th at 4PM PDT (UTC-7) / 7PM EDT (UTC-4)**, when we all gather online to meet the presenters and kick-off the retreat. 48 hours later, on Sunday at 4PM PDT, the clock stops and we get together again for the **Closing Ceremony**. In between, there will be all sorts of creative collaboration, inspiring demonstrations, workshops and FUN!

1. **Register:** register on [TicketLeap](#) to reserve a spot (space limited)
2. **Sign-Up for Workshops:** upon registration, a link will be sent to you to sign-up for workshops or other activities provided:
 - o Morning Sessions: workshops for children, meditation, afro flow
 - o Afternoon Sessions: speakers, demonstrations, workshops
 - o Evening Sessions: poetry readings, music performances, dance party
3. **Payment:** Upon full registration, a link will be sent to you to make your payment. (single workshop, 1-day or 2-day ticket options available)

SPONSOR INFORMATION:

Interested in sponsoring the Virtual Retreat 2020? We offer three sponsorship levels: **VIP, Gold, and Partner**. Please contact the organizer at musicishealingus@gmail.com. Sponsoring this event is an ideal way to demonstrate your individual or organization's commitment to contributing to a culture of wellness and mindfulness in our schools and communities. Community sponsorship will allow Music Is Healing artists and presenters to receive complimentary honoraria for their artwork and expertise, while providing sponsoring organizations and businesses exposure and publicity for their support.

