

# Online-Sound Congress 2022

Boosting health · Encouraging recovery · Supporting therapy

04.-06.03.2022

The Online Sound Congress „Sound – Source of Inner Strength“ is a wonderful opportunity to be „in resonance despite distance“, to enjoy sounds and to do something good for yourself as well as to experience new things together.

## PROGRAM

### Friday, 04.03.2022

- ab 18.00 Login Time with interesting information
- 19.00 Welcome and Welcoming Sound  
*with Peter Hess*
- 19.15 Lecture: The interactions of psyche, brain and immune system.  
What can integrative case studies contribute to psychoneuroimmunological research on sound massage?  
*Prof. Dr. Dr. Christian Schubert*
- 20.45-21.15 Sound Meditation Basic Trust –  
Soul Experience, *Emily Hess*

### Saturday, 05.03.2022

- ab 7.00 Login Time with interesting information
- 8.00-9.00 Emily Hess®-Sound Yoga:  
„Sweet Surrender“  
*with Kim Cassandra Schmid*
- 09.00-09.45 Break
- 9.45.-10.00 Morning Welcoming Sound
- 10.00-11.00 Lecture: Consciousness and Health – Creating Spaces of Consciousness with Sound  
*Prof. Dr. Thilo Hinterberger*
- 11.15-13.15 Practical forum: Sound in therapy:  
harmonising psyche and nervous system through Heart Coherence  
*with Angelika Rieckmann and Cordula Tolkmitt*
- 13.15-15.00 Lunch break

- 15.00-15.45 Lecture: Research and projects around the Peter Hess® Sound Methods  
*Ulrich Krause and Dr. Christina Koller*
- 16.00-18.00 Practical forum: Creating appreciative encounters in nursing, dementia and palliative care with singing bowls,  
*with Rosemarie Bleil and Juno Sommer*

### 18.00-18.30 Break

- 18.30-19.15 Sound experiences and news from all over the world
- 19.15-19.45 Sound Meditation *with Peter Gabis*

### Sunday, 06.03.2022

- ab 7.00 Login Time with interesting information
- 8.00-9.00 Emily Hess®-Sound Yoga:  
„The Sound of the Lotus flower“  
*with Kim Cassandra Schmid*
- 09.00-09.45 Break
- 9.45-10.00 Morning Welcoming Sound
- 10.00-10.45 Lecture: Sound for anxiety disorders and depression, *Bärbel Kirst*
- 11.30-12.30 Practical forum: Confidently on the way to a successful sound practice with the principles of sound transformation,  
*with Peter Hess and Ulrich Krause*
- 13.15-15.00 Lunch break
- 15.00-17.00 Practical forum: Accompanying and complementing counselling, coaching and therapy with sound, *with Simone Westholt-Smith*
- 17.00 Farewell *with Peter Hess*

Program changes at short notice are possible.

**BONUS:** All participants of the overall congress will receive the recordings of the online format as well as the following **3 practical forums** as a video for streaming for 3 months:

- Basic Trust – In dialogue with your soul, *Emily Hess*
- The use of singing bowls for psycho-somatic pain, *Rosa Matzenberger*
- topic follows

Here you can register directly:



Hess  
Klangkonzepte

