

## 4th International Online Sound Symposium · 7 May 2023

### *Healthy Mind, Healthy Body*

**Date:** 7 May 2023 – online via Zoom

**Time:** 12:00PM - 2:30PM CEST (GERMANY)  
6:00PM - 8:30PM AWST (AUSTRALIA)  
6:00AM - 8:30AM CST (USA)

12:00 Welcome

12:10 Dr. Schröder: Placebo Nocebo Effect - How our thoughts shape our reality, 45min

12:55 Q&A 15min

13:10 Short Break 10min

13:20 Sound Offerings in Wellness & Spa, 55min

14:15 Q&A 15min Jana

14:30 Closing

**Price:** Euro 59 / AUD 95

**Members Discount:** Euro 49 / AUD 78 (*registration via e-mail, quoting the membership number of the International Association of Sound Massage Therapy*)

**4th International Sound Symposium in cooperation with** Ute Coleman (Peter Hess Academy Australia) and Christine Heckel (Peter Hess Academy Spain), Peter Hess Institut Hess, Hess Klangkonzepte, International Professional Association of Sound Massage Therapy

We are very happy to invite you to the 4th Online International Sound Symposium! This time we are focusing on the topics "**Healthy Mind - Healthy Body**"

It is important to us that you benefit as much as possible from the Sound Symposium. Therefore, you will not only listen to the lectures, but you will have the opportunity to ask questions.

### **Enrolment und questions**

*by e-mail or via the event link:*

Christine Heckel (EN, DE, ES): [info@christine.heckel.com](mailto:info@christine.heckel.com)

Ute Coleman (EN, DE): [soundrelaxation@hotmail.com](mailto:soundrelaxation@hotmail.com)

Registration is also possible through Eventbrite:

<https://www.eventbrite.es/e/4th-international-online-sound-symposium-tickets-603408941387>

*(please take note that Eventbrite will charge an extra fee)*

## ***Welcome***

**Video Lecture : Placebo Nocebo Effect - How our thoughts shape our reality + 15 minutes Q&A Prof. Dr. phil. Hartmut Schroeder** was professor for language use and therapeutic communication at the European University in Frankfurt (Oder) until his retirement. Since 2022 he has been Professor of Health Promotion and Health Communication at the University for Digital Technologies in Medicine and Dentistry in Luxembourg. He is President of the International Society for Natural and Cultural Medicine and runs a center for natural and cultural medicine.

## ***Short Break***

**Video Presentation/Workshop: Sound Offerings in Wellness & Spa with Jana Hess and Claudia Keskinen + 15 minutes Q&A with Jana Hess** The wonderful sounds of the singing bowls enable a “beauty that comes from within”. The holistic relaxation method of Sound Massage developed by Peter Hess has been established in many beauty and spa facilities for decades. There are good reasons for this: the treatments become much more harmonious, calmer and more effective, desired effects can be intensified, and the additional deep relaxation makes every treatment a “time-out for the soul”. In this workshop you will obtain practical insights into sound offerings in Wellness & Spa, which you can immediately implement yourself!

## ***Closing and farewell***