

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
- 9.00–9.45 Break
- 9.45–10.00 Morning Welcoming Sound,
with Sirma Belin, Turkey
- 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
- 9.00–9.45 Break
- 9.45–10.00 Morning Welcoming Sound,
with Helen Heule, Switzerland
- 10.00–10.45 Lecture: Sound for anxiety disorders and
depression, Bärbel Kirst
- 11.00–13.00 Practical forum: Confidently on the way to
a successful sound practice with the
principles of sound transformation,
with Peter Hess and Ulrich Krause
- 13.00–15.00 Lunch break
- 15.00–17.00 Practical forum: Accompanying and com-
plementing counselling, coaching and the-
rapy 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
- Getting out of stress – into relaxation with sound, Helga Montag

Here you can register directly:



Hess
Klangkonzepte

