

Bio:

Jonathan Adams (aka. "Sonic Yogi") started his career as a professional musician recording albums for classical guitar with albums for Pamplin, Intersound records, and his own label. He later co-founded the classical fusion group, Montana Skies, which he still performs and tours with nationally.

Jon discovered sound as therapy after his experiences and recovery from anxiety. As a touring musician, he knew the power of music to move our emotions, but now following this experience he discovered it's potential as a healing force. Since then, he has used his intuition, experiences and studies, to explore the role of sound and music in the healing arts and create new ways for people to relax, enhance self healing, and expand their self-awareness.

Jon also frequently gives talks and workshops on sound therapy and meditation, which include appearances at TedX, National Spiritual Living Conference, GA state social workers conference, Grady Emory Wellness Center, Wigwam wellness festival and more. In only a few years, his sound therapy tracks have been used by millions of people, and can be streamed on YouTube, Spotify, SoundCloud and the Insight Timer app. They are also used by Golds Gym nationally in Centergy and yoga classes. He continues to explore ways in which sound as therapy can help people to relax, de-stress, enjoy deeper meditations and FEEL GREAT! <http://sonicyogi.com>
Jon

Workshops:**Title: The Yoga of Sound: Finding Harmony**

We live in a world of sound! Everyone likes music, and for good reason. Music is food for our soul. Not all music is created equal, however. Come and learn how frequency and vibration can affect the way we think and feel. Our brainwaves and our thoughts themselves create frequency waves and are measured in "hertz", just like sound waves. Sound has the power to affect us not only emotionally, but also to affect our states of being and our brainwaves. Most of the music we are exposed to is within an international standard for frequencies, but there are many other frequencies that we are not exposed to on a daily basis that can have a profound and beneficial impact on us both mentally and physically. Learn more, and experience the hidden power of sounds. A concert will follow the discussion. (Listen to sounds at <http://SonicYogi.com>)

Title: The Biology of Bliss - Finding the Balance of Well Being

How would you like to feel high...stoned...euphoric... all the time? (or, at least more of the time :) We all want to feel good and free to connect, right!? Join me in exploring our innate human capability for feeling good from the inside out (as well as strategies for overcoming anxiety and depression.)

Viewing the wisdom of ancient eastern practices in the light of modern scientific views, explore how lifestyle practices (foods, probiotics, relaxation techniques and sound and frequency) may be able to cultivate positive neuro-chemicals for better moods, altered consciousness and yes, even bliss ...all of which leads to less stress in the body and mind.

Probiotics and the Micro-biome - How the bacteria in our gut can affect our minds
Foods and Minerals that support Brain Chemical balance and Mental well being
Meditation and Relaxation/Mind-Body connection - activating our body's natural tendency towards, relaxation, rejuvenation and even "altered" states.
The Psychedelic connection---- How do all of these things connect? Brain chemicals, diet, meditation, psychology and the idea of "awakening".

Title: The Psychology of Awakening: The Path to Love, Power and a Sound Mind.

Following the path of Truth. Explore basic understandings of Human consciousness that lead us to Presence, Peace and Understanding.

Videos;

Ted Augusta, GA —

<https://www.youtube.com/watch?v=p2jtMEkdh6g>

Sound Massage Promo:

<https://www.youtube.com/watch?v=oistYUsGPb8>