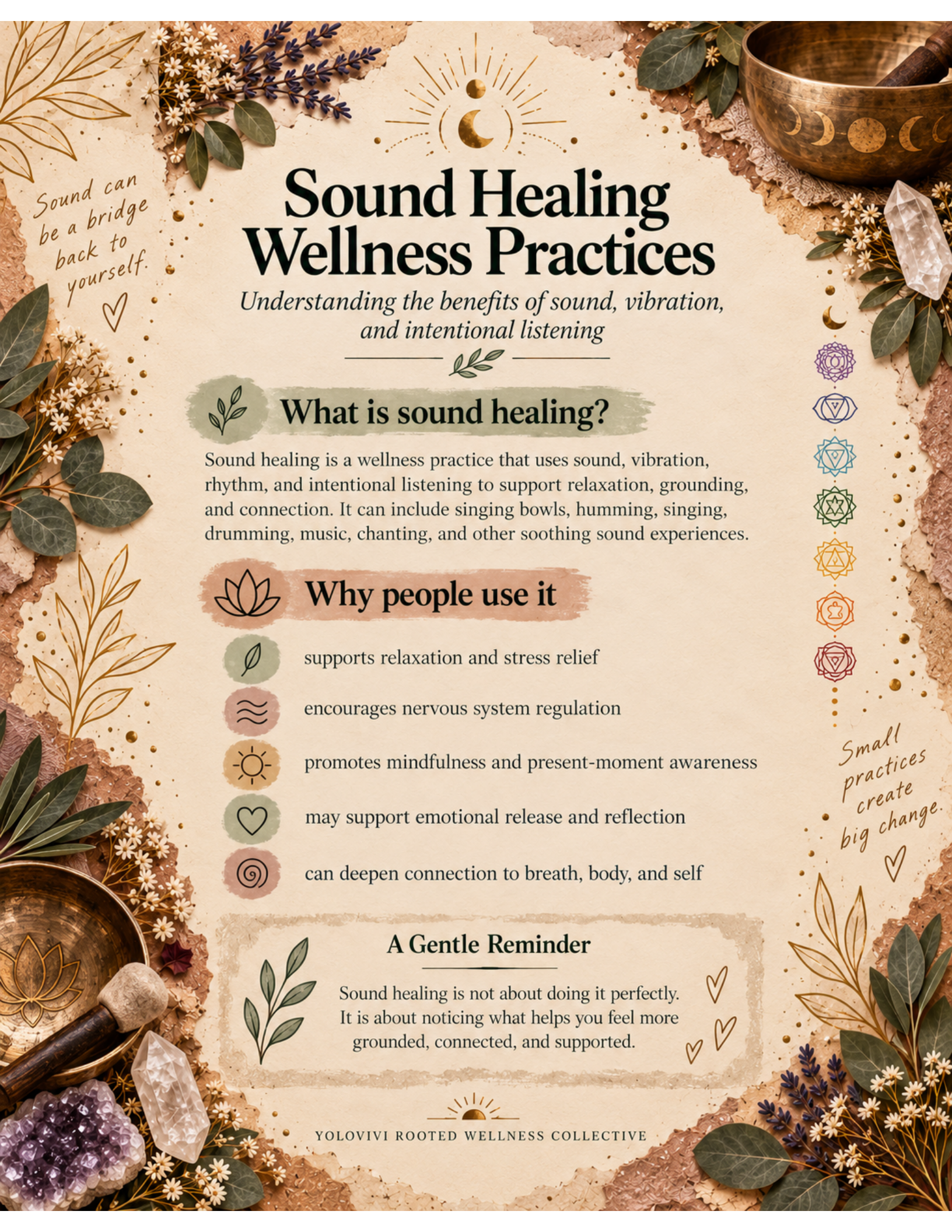




Sound Healing Wellness Practices

*Understanding the benefits of sound, vibration,
and intentional listening*



What is sound healing?

Sound healing is a wellness practice that uses sound, vibration, rhythm, and intentional listening to support relaxation, grounding, and connection. It can include singing bowls, humming, singing, drumming, music, chanting, and other soothing sound experiences.



Why people use it



supports relaxation and stress relief



encourages nervous system regulation



promotes mindfulness and present-moment awareness



may support emotional release and reflection



can deepen connection to breath, body, and self



*Small
practices
create
big change.*



A Gentle Reminder

Sound healing is not about doing it perfectly.
It is about noticing what helps you feel more
grounded, connected, and supported.



YOLOVIVI ROOTED WELLNESS COLLECTIVE

Healing
Vibrations
Brighter
Days

Benefits of Sound Healing

Ways sound can support regulation, reflection, and connection.



Relaxation & stress support

Sound can help the body slow down and settle.



Emotional release & reflection

Sound may create space for feeling, processing, and gentle release.



Nervous system regulation

Rhythm and vibration may support a return toward steadiness.



Breath & body awareness

Humming, singing, or listening can deepen awareness of breath and sensation.



Grounding & presence

Listening closely can bring attention back to the here and now.



Connection & self-expression

Voice, music, and shared sound can support connection with self and others.



Sound
People
Kinder
World

Simple ways to explore



Humming

A simple way to feel vibration in your body.



Singing

Use your voice in any way that feels good.



Drumming

Feel the rhythm and let it move through you.



Singing bowls

Listen and feel the sound resonate.



Calming playlists

Create a peaceful soundscape for rest, focus, or reflection.

Small
Practices
Big
Shifts



A Gentle Reminder

Notice what feels supportive.
Small sound practices can become anchors of calm.



Common Healing Frequencies

Frequencies often referenced in wellness and sound-healing spaces.

*Different frequencies.
A more centered you.*



174 Hz

grounding and comfort



285 Hz

restoration and energetic support



396 Hz

release fear and tension



417 Hz

support change and emotional clearing



528 Hz

transformation, love, and balance



639 Hz

connection and harmony



741 Hz

clarity and expression



852 Hz

intuition and inner awareness



963 Hz

spiritual connection and wholeness



*Vibration
Creates
Change*



These associations are commonly used in wellness spaces and can be approached as reflective or supportive tools.



How to use this page

1

choose one frequency that resonates

2

pair it with breath, rest, or journaling

3

notice how your body responds



*Same
Earth.
Higher
you.*



Chakra Frequencies

A wellness-based guide to commonly paired tones and energy centers.



Root

396 Hz

safety, stability, grounding



Sacral

417 Hz

flow, creativity, emotion



Solar Plexus

528 Hz

confidence, transformation, personal power



Heart

639 Hz

love, compassion, connection



Throat

741 Hz

truth, voice, expression



Third Eye

852 Hz

insight, intuition, perspective



Crown

963 Hz

consciousness, spiritual connection, wholeness

Create your own sound ritual

A frequency or chakra I want to explore: _____

A sound practice I want to try: _____

How I want to feel afterward: _____

Use this page as a reflective guide and choose what feels meaningful for you.