Marley Marina

INDEPENDENT LIVING · ASSISTED LIVING
MEMORY CARE

Watch the room soften.

Therapeutic sound experiences with live voice, crystal singing bowls, gong, chimes and shruti box, led by a classically trained singer and certified sound healer.



What residents experience

A gentle session shaped around the people in the room. There's nothing to learn and nothing to do. Residents simply sit back, listen and rest, seated or in wheelchairs.

The science of sound

Breath sets the pace. Slow, sustained tones invite long exhales, which shift the body into its rest-and-digest state.

Music reaches deep. Musical memory is often one of the last abilities to fade with dementia, so song can connect when words don't.

The research is growing. In a 2016 study, people felt significantly less tension, fatigue and low mood after a singing bowl meditation.

IN MEMORY CARE

Some of my most meaningful work

I've watched residents who were restless or agitated settle, soften and rest as the session unfolds. The live singing seems to reach people in a special way.

Every session is adapted to the residents' comfort, mobility and needs, from independent living to memory care.

"Marley has a warm and compassionate presence and does an amazing job adapting each session to meet the needs of our senior community. Our residents truly enjoy the peaceful atmosphere she creates."

Kali Manzanares · Life Enrichment Director, MorningStar of Boulder

Experience it with your residents.

Let's schedule a first session. Details and community rates on request.

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