

ResonateYou

Welcome!

This is the second issue of ResonateYou's newsletter! Learn more about what's going on in the studio:

OPEN HOUSE!

Sunday, Nov. 24th

3:00-6:00pm

780 Eden Rd., Building #2

We welcome all families from the studio as well as new people to come learn about ResonateYou at our Open House!

Singers will be performing songs from their repertoire so far this fall.

Family and friends can "Drop-In & Listen" to support their singer!

The studio will be sharing music and I will be giving more information about Vibrational Sound Therapy as a relaxation and well-being modality.

Refreshments, promotions, and gift certificates will be offered that afternoon. Come learn about our community!

—Jennifer Lobo

owner, teacher, practitioner



What is Vibrational Sound Therapy (VST)?

Many clients come in to take voice lessons, and peer into the "other room."

But what's in there, you may wonder...a massage table?

Himalayan Singing Bowls? Could it be a cozy, relaxed feeling?

Sound therapy, like music therapy, has measurable, health benefits. Vibrational Sound Therapy (VST) is a relaxation modality that I practice here at ResonateYou and VST is a form of Sound Therapy.

A private VST "**sound session**" is when a client lays on the massage table (fully clothed) and receives the aural sounds and vibrations of the singing bowl as it rests on the body. The bowl is struck by the practitioner (Jennifer Lobo) and entrains the body into a relaxed state—a lower alpha brainwave state, that assists to help raise the parasympathetic part of the nervous system, promoting balance in the nervous system. It is a time for you to receive and relax. Yes, you are allowed to relax. Take the time.

The VST modality is a method of deep relaxation that can relieve stress, improve emotional well-being, and is complimentary to many other healing practices. Who is it recommended for? *Anyone can benefit.*

If you are more relaxed you feel better; you sleep better, and you are better able to deal with the stresses in your life. It's not a luxury; it's a necessity to give ourselves self-care, so that we can do the work to care for others.

Learn more at www.resonateyou.com. You'll find links, research, and videos to learn more about the science behind the VST modality.



“Five for 5%” Referral Program continues...

“Like” us on Facebook! “Follow” us on Instagram!

Or if you’re like me and these social media things are daunting (!), consider writing a “Google” or “Yelp” review of Resonate You.

Have you heard of Organic content vs. Paid/Sponsored Ads online? Organic content is you, the valued client, taking the time to write a meaningful review online. When this happens, real worth is communicated.

If you have been happy with your or your child’s time at the studio, please write a review online (Google/Yelp). After completed, let me know, so I can reward your time with a discount (5-10%) for upcoming lessons or sound sessions.

And word of mouth is THE BEST way of sharing about Resonate You, so THANK YOU!

Need a Great gift idea? :

Buy a VST “Sound Session” to a loved one as a gift certificate for the holidays! Call 717-435-9957!

Upcoming Events:

“Second Sunday Sound Meditation”

Sunday, November 10th, 7:00-8:15pm

Liberty Place, 313 W. Liberty St., Suite 267, Lancaster, PA

As a member of Soundwise Health Associates, and the “Divine Feminine Collective,” we will be hosting a sound healing immersion highlighting Chloe Goodchild’s “Heart Chakra,” as well as other sounds and songs on the frame drum. We will also be utilizing sound healing practices with Himalayan singing bowls, gongs, and quartz crystal bowls.

Tickets can be found on Eventbrite: \$20.00

<https://www.eventbrite.com/e/second-sunday-sound-meditation-tickets-77768907897>

OPEN HOUSE: “Drop-In & Sing/Listen” Recital Sunday, November 24th, 3:00-6:00pm, come anytime!

Share in song what you are working on!

Listen to other singers from the studio!

Invite family, friends, and anyone you know who could benefit from listening to the voices here, and to learn about ResonateYou!

Singers!

Thurs., Nov. 14th is the deadline
for determining your song/s selection:

- Have a copy of your music turned into me so I can give to our accompanist, Ms. Irina Shmeleva.
- If you are using a recorded track, please email me the link.
- Let me know approx. what time you’ll be stopping by and/or if you are participating.

Reminder Thanksgiving is Thurs., November 28th!
Please contact me about arranging your lesson for another day that week if needed.

VOCAL HEALTH during the changing season:

Jen's Preventative Guide for keeping healthy!

The cooler air brings lots of opportunity for getting SICK. Here are my tried and true recommendations to STAY HEALTHY all winter long!

A healthy immune system FIGHTS against all the germs that we come into contact with and is your BEST protection from bacteria and viruses. It is your first defense against getting sick. But YOU MUST HELP your immune system STAY healthy.

DO REGULAR MAINTENANCE:

1. GET ENOUGH SLEEP. This is so important! 8 hours+ each night. (Your mama is right!) Figure out a way to build this into your schedule...silence your phone.

2. HYDRATE! This helps your voice and your body.

I carry a reusable water bottle with me at all times. I sip it all day long, and refill it 2-3 times.

I keep a glass of water by my bed to sip at night.

In the morning, **the first thing that I do is drink** a tall

8oz. glass of water (before I drink my coffee!). During the changing cooler season, I put an "Emergen-C" packet of my favorite flavor giving me a burst of Vit. C to my immune system first thing in the morning. If I'm feeling dehydrated or my throat feels a bit scratchy, this is my go-to morning action.



3. LESS SUGAR = Healthier Immune System. Sugar actually works against your immune system. It takes nutrients away from your cells. You have to work that much harder to put them back into your cells.

4. Some kind of MODERATE EXERCISE: walking, running, yoga, dance. Find something that you can bring into your life that brings you healthy movement.

5. ZICAM! If I start to feel a little under the weather, I start to use Zicam to stave off a full blown cold. Works well!

IF YOU GET SICK:

1. "Throat Coat TEA with Lemon Echinacea" by Traditional Medicinals is my go to tea choice. Steep it in hot water, covered, for at least 10 minutes before drinking to get full benefits.



2. ECHINACEA Capsules or better yet, an Echinacea tincture. You can find these at a health foods store such as "Savemart" off of Fruitville Pike or "Radiance" downtown. (tincture pictured below)



3. Elderberry Syrup (organic), a tablespoon a day for maintenance, and two a day if you are sick.

4. NO SUGAR. When I am sick, I say no to treats completely. indulging will only increase my time of being sick, not help me get over it.

In terms of your upcoming voice lesson: If you are really sick, stay home and rest. (Please let me know at least 24 hours in advance if you're able to!).

If you just have a cold, or a scratchy throat, but feel well enough to go out, please do come to your lesson! There is much we can still work on when your voice is resting or not as strong, including ways we can help to heal and strengthen those vocal cords and learn how to sing through it.

*Last but not least, wear a scarf around your neck!
Always! It's not just healthy, it's fashionable!*



780 Eden Rd., #2
Moore Business Park
Lancaster, PA 17601

SPOTLIGHT ON: Tija Hilton-Phillips



Tija LOVES to sing. She feels like singing is her way of dealing with the stress of the world. If she's had a hard day, she "sings it out" (even in the car on the way home!) and feels better.

Tija (Tah-jah) was one of the first students to sign up when ResonateYou first opened this summer. Her daughter, Tahri, (who was a choir student of Jen's at Linden Hall!) headed to college this fall, and encouraged her Mom to seek out something that she could do for her own self-care and self-exploration. After supporting Tahri through all of her music endeavors, it was Tija's turn to begin lessons again. Tija signed up, because she said, "Jen is awesome!"

Tija is no stranger to music. After a hard solo experience as a child (!), she put singing on the back burner until her late 30s. At that time, she became involved in the Lancaster Metaphysical Church where she now works as Associate Minister. In worship, she helps to lead the congregation at different times in the year in music. She gained confidence in her singing through previous voice teachers, and now is coming back again to her vocal training.

Tija Hilton-Phillips is the Director of Regulatory Affairs at Highmark in Camp Hill
and is a joy to have as a student every other week!

"God didn't say you have to make a perfect sound, just a joyful noise!" -Tija Hilton-Phillips