

Programs

- **Sound Foundations Workshop**

Discover how you can use your own voice to create a sense of peace, self-awareness and relaxation. This workshop focuses on balancing each energy center (Chakra) of the body by using core seed sounds (Mantras), vowel sounds, and breath work. We can use these sound vibrations to access our prana (life force) and facilitate healing. The seed sounds are used to activate each chakra while the vowel sounds release tension and facilitate the movement of Prana through the energy channels of the body

- **Peace Program**

The Peace Program promotes stress reduction, self-esteem, self-reflection and team building. The program provides coping skills, strategies, and tools, which incorporate the multiple intelligences. These include mindfulness, yoga, guided visualization, music, vocal toning, and short stories. The program is designed for a variety of venues, including, corporate, mental health, private and public school facilities. Each workshop is custom tailored to meet the needs of its respective audience.

- **Kirtan**

This is a participatory musical event using a singing call-and-response of sacred healing Mantras. Without the work of mentally quieting the mind, Kirtan can carry us effortlessly to a place of quiet and stillness. All the Mantras, melodies, and instruments of Kirtan are designed to lead us toward a meditative state of oneness and wholeness.

- **Yoga**

Prana Yoga is the yoga of accessing the experience of prana through yoga practice. Prana Yoga guides students through the emotional body with the use of movement, breath, sound, concentration, and meditation. This class is a guided approach to accessing more energy and releasing stress.

- **Live Music for Yoga Classes**

Sensitive to the flow of the Yoga class, Sharon Silverstein creates a musical accompaniment that supports the Yoga practice by using various sounds of the Native American Flute, Tibetan singing bowls, African Drums, Harmonium, Voice and Guitar. Moving rhythmically and melodically with each asana, Sharon plays to the moment helping to create an unforgettable, energized, relaxing and deepening experience for all participants.

- **Sharon Silverstein and The Peace Project**

Inspirational singer/songwriter Sharon Silverstein moves people to greater self-awareness, unity, and world peace by combining sacred mantras, powerful lyrics and motivational rhythms. The transformational vibrations of Sharon's music and voice are uplifting to the heart and soul.

Living At Peace Founder and Director, Sharon Silverstein

Sharon Silverstein is a professional singer/songwriter, practitioner of Sound Yoga, certified Yoga instructor, motivational speaker, life coach, certified parent educator, certified music teacher and the founder and president of the NJ based company, Living At Peace, LLC since 2002. Living At Peace provides programs so communities, families, and individuals can have deeper, stronger and more sustainable relationships. Sharon holds a BM in Music from Rutgers University. Sharon presents workshops and programs for teachers, parents, children, and adults of all ages throughout the country. Her work has been featured on local cable television and radio programs, in local and county newspapers, and in national magazines. For more information view her website at www.livingatpeace.com.



What is Living At Peace, LLC?

Living At Peace, a New Jersey based company, creates a world where people can feel unconditional love for themselves and others. Living At Peace provides programs so communities, families and individuals can have deeper, stronger and more sustainable relationships. Living At Peace was founded in 2002 by Mrs. Sharon Silverstein, who is the director and facilitator of all the Living At Peace programs.

Testimonials

**Mr. Mark Daniels: Principal
Indian Fields Elementary School
South Brunswick, NJ**

"The Drum for Your Life program taught our students teamwork, it reinforced musical concepts and gave a cultural perspective of the origins of African drumming. We really enjoyed the program so if you have the opportunity, bring this program to your school."

**Michele Engoran: Director, Center for
Relaxation & Healing, Plainsboro, NJ**
"Sharon and the Peace Project recently played at my healing center. Truly a heart-opening experience that one can immerse into and get lost forever."

Diane Thomas: RCB Graduate
"After taking the RCB course I am experiencing better communication, less stress and more peace. I am calmer and I know I have the tools now to handle situations that I felt powerless over. Sharon is an incredible instructor. She is effective, caring and knowledgeable."

Testimonials

**Peggy Cioco: Hillsborough School
District Supervisor, Visual & Perform-
ing Arts Hillsborough, NJ**

"Thank you for taking the time to share your expertise with our faculty during our team building in-service day. Your program was outstanding, The content was packed with an incredible amount of usable information and undoubtedly provided a valuable educational experience for our faculty. The feedback from our staff has been overwhelmingly positive."

**Barbara Simmons: Executive Director
of The Peace Center, Langhorne, PA**
"On behalf of the Board of Directors of The Peace Center, thank you and your musicians for your talents at the Arun Gandhi event in New Hope, PA. Your musical performance was beautiful, inspiring, and moving. It set a mood, introduced people to a new way of meditating and helped to soften our hearts to be able to hear and grasp Arun Gandhi's message."

Sound Yoga Class Participant

"Thank you, Sharon, for being with us in such a calm and loving way. I've been practicing one of the breath/sound meditations while waiting in traffic in my car and the vibration takes care of the stress."

Please contact Sharon Silverstein
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