



PROGRAMS

- **Drum For Your Life**

This program is a hands-on drumming circle experience for people of all ages using West African Djembe drums. The drums are used as a vehicle for teaching team-building, diversity and as a therapeutic modality for people with special needs, Alzheimers and brain injuries. This program sparks creativity, is educational and fun.

- **Peace Program**

The Peace Program is an interactive program that features our musical group, Sharon Silverstein and The Peace Project. The program is designed to move people to greater self-awareness, unity and world peace by combining songs from India, Africa, Tibet, Ireland, Israel and original songs with powerful lyrics and motivational rhythms. This program is for people of all ages and provides an opportunity to experience peace through ancient and modern peace songs with uplifting musical accompaniment and audience participation.

- **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.

- **Nada Yoga**

Nada Yoga, “union through sound” is a meditative practice using sound current and pranayama (breathing techniques) that quiets the mind, develops deep listening, inner body awareness and presence. Nada meditation provides the participant a way to create healing and transformation.

- **RCB for Parents**

Redirecting Children’s Behavior (RCB) is a powerful course that teaches practical behavioral management skills so participants can reduce their stress levels. This course provides a specific set of tools and techniques for handling everyday situations with children.

- **RCB for Kids**

The RCB for Kids class was designed so children can learn, understand and use the Redirecting Children’s Behavior Course tools and techniques with their RCB parents.

Living At Peace Founder and Director, Sharon Silverstein

Mrs. Sharon Silverstein is the founder and director of Living At Peace, LLC since 2002.

Sharon facilitates all of the Living At Peace programs. She received her Bachelor of Music degree from Rutgers University in 1988 and began teaching music in the New Jersey public school system for 14 years. Sharon is a professional singer/songwriter and has been performing her original music for the past 26 years. She is a New Jersey certified teacher and a certified parent educator. She has presented programs for businesses, schools and venues throughout the tri-state area. In addition, Sharon and her work have been featured on local cable television and radio programs, in local and county newspapers, and in national magazines.



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 guides and assists people in awakening to inner presence and awareness so individuals, families and communities can have deeper, stronger 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."

Nada 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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