

Teletextile



Sound Bath

What is a Sound Bath?

The Teletextile Sound Bath takes us on a restorative journey through sound. This hour-long group meditation utilizes the vibrational power of sound to hold space for a time to tune into our higher selves while allowing the body to rest and digest. When we come together the field of gentle convalescence magnifies as we build a community that heals together and creates together.

Lead by Pamela Martinez



Pamela Martinez is a reiki master, educator, multi-instrumentalist and composer who creates music and immersive experiences under the moniker Teletextile.

Sound Meditation Benefits

The body needs time to relax and rejuvenate. Research has confirmed that even listening to certain music can effectively and rapidly elicit the relaxation response and bring about chemical, hormonal, and cellular change that actively promotes healing. When our parasympathetic nervous system is stimulated [via our vagus nerve] by soothing sounds, we are sending a message of calm and relaxation to every part of our body. So when we say that something is “music to our ears,” it’s actually so much more. It’s a massage for every organ in the body. (Silvia Nakkach, Free Your Voice)

Teletextile Ritual Arts Ensemble



As founder and leader of the Teletextile Ritual Arts Ensemble, Pamela Martinez comes from a background of music, performance and immersive theater to highlight the artfulness of the meditative state also known as the creative state where the inner and the outer worlds oscillate in our consciousness.

What to Expect

Participants of the Sound Bath can expect to be lulled into deep relaxation using the sounds of singing bowls, gong, tuning forks, vocals, and other sound sources to provide a meditative and healing environment while seated in a chair or more traditionally lying down on the ground.

COVID Procedures



Masks on for this
vaccinated crew

The core members of this performance crew have already been vaccinated. We prefer to keep masks on for now for everyone's health and well being. We also work in spaces with their own particular COVID procedures.



Who We Work with

Some of our past partners include:



Arts Organizations



Parks



Hotels



Music Festivals



Schools & Universities



Corporations

Partners:

Organizations we have worked with in
the past:

Brooklyn Greenway Initiative, The Brooklyn Naval Cemetery, The
McNay Art Museum, Brooklyn Music School, The Doseum,
Creative Mornings, Maha Rose Healing Center, Confluence Park,
Trinity University, University of Texas San Antonio, San Antonio
River Foundation, San Antonio River Authority, San Antonio Parks
Foundation, The Japanese Tea Garden and Mercury Project
Contemporary Art Space to name a few.



Sound Plus More



Mixing Modalities

Create Unique Experiences



Sound Bath + Reiki

We've earned the trust of old and new generations.

Sound Bath + Crystals

We deliver nothing but the best, every time.

Sound Bath + Voice Work

Everyone at Halerdon is excellent at what they do.



Teletextile



Sound Bath