



Learn how iPod•ology™ converts your music assets into a powerful, portable command center for daily programs that release emotional tension.

Class 1 Find the Best Healing Music—
2 hours

Class 2 Create Your Healing Music
Playlists— 2 hours

\$15 each class + \$5 materials

Attend both sessions to complete Level One. Sessions do not have to be attended in sequential order, but you must attend both sessions within six months to complete Level One.

Check www.music4life.us for current class schedule.

Are you listening to the right music? Awaken your inner health rhythms...

Learn how to apply music for yourself that changes negative moods into positive ones. Use your favorite formats—tape, CD, MP3, iPod, computer, cable, internet, or radio—and re-organize those audio files into a healing music system, accessing a variety of different music styles in pre-determined formulas. Trainer and coach Judith Pinkerton, board-certified music therapist, violinist, and author, Music 4 Life is based upon two decades of research, development and case studies. *An iPod is not necessary to benefit from these classes.*

Your questions are answered:

Why is music effective?

What play lists are suggested to reduce stress?

Do my instincts drive me to choose the right music?

What music am I missing that is healing?

How do I refer to music for my spouse, kids, friends or strangers?

Music 4 Life™

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