

# Mp3 Mary J. Morreale, Mm, Mt-bc - Breath Of Life



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Breath of Life is written, composed and narrated by Mary J. Morreale. The Breath of Life is a Body/Mind progressive relaxation CD in 20, 10 and 5 minute lengths. 6 MP3 Songs NEW AGE: New Age, EASY LISTENING: Mood Music Details: Body/Mind Progressive Relaxation in 20, 10 and 5 minute lengths A unique guided relaxation resource in 5, 10 and 20 minute lengths to meet your scheduling needs. Guided relaxation for the mind and body. Separate meditation script and music only available for therapists and those who wish to create your own meditation resource! \*\* See 'Breath of Life: Music Only' CD \*\*

Soothing, relaxing music and voice help ease tension and invite listeners to relax deeply. Mary J. Morreale, music therapist and minister of music is a professional musician, pianist, organist, composer and initiator of Empower Innovations. She facilitates Music and Imagery and Music and Spirituality programs for retreats, conferences, groups and individuals and is in private practice in music therapy in the Southwestern Connecticut area. Mary has degrees in music performance from Fredonia School of Music and the Eastman School of Music. She completed an equivalency program in music therapy at Fredonia State University in May 2002 and internship in music therapy with Musicworx of California in December 2002. The internship program included experience in a hospital setting, focusing on cancer patients, hospice, Alzheimer patients, substance abuse rehab, and wellness programs for at-risk heart patients. Mary has experience working for the past three years with clients individually in the Bonny Method of Guided Imagery and Music Therapy. She is board-certified in music therapy. Mary has additional training in the MARI assessment tool. She has studied level 1 with Madeline Ventry and Cecilia Schulberg. This enhances her practice in Guided Imagery and Music Therapy through the use of drawn mandalas in sessions. Mary has extensive experience as organist and choir director of churches of a variety of denominations across the country. She currently serves as Minister of Music at the UCC

Church in Southbury, CT. She also has produced several resources in guided meditation and original piano improvisations and performs regularly in concert. Mary is a member of the American Guild of Organists, American Music Therapy Association and has certification in the Bonny Method Guided Imagery in Music Therapy from the Southern California Center for Music and Imagery and the Mid-Atlantic Training Institute. She is certified in Spiritual Direction for Spiritual Guides from Oasis Ministries. Mary has also done extensive course work in Sound and Healing, meditation, Reiki, and relaxation techniques. She has served as music coordinator and pianist for Vespers and the Service of Blessing and Healing at Chautauqua Institution, Chautauqua, New York for several years and has taught piano for many years. Empower Innovations is a means to recognize, experience and explore the power within, inviting healing and transformation. The strength of Mary's leadership through Empower Innovations is envisioning and creating programs to fit the unique needs of each individual gathering. She has facilitated sessions from short introductory presentations to weekend retreats for church groups, spiritual centers, schools, and businesses.

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