

# SOUND THERAPY

## A PATH FOR GROWTH

*A Sound Journey exploring  
the 5 Buddhist Principles to  
develop Human Potential*

INCLUDES A FULL SOUND BATH

**SUN 2.04 - 15:00- 19:00**

45€ (40€ AGORA MEMBERS)

With David Minguillon  
MA Berklee School of Music in Valencia



# A PATH FOR GROWTH

*In this afternoon session we will explore the 5 Buddhist Principles (kindness, generosity, contentment, truthfulness and awareness) to develop our potential as human beings.*

*We will do this through meditation, movement and sound, using a variety of instruments such as Tibetan bowls, the gong, bansuri, guitar, voices, etc...*

*The session will be an opportunity to release energy and emotional blockages and to reflect on human development as a path to be unveiled with our daily actions and attitudes.*

*We will finish with a full sound bath to assimilate all the elements introduced during the afternoon.*



# DAVID MINGUILLON



David started to study piano at age 8 and guitar at 17. He graduated from the Music Conservatory of Canarias in 2010, got in contact with flamenco guitar in Granada and then obtained a first Master in jazz guitar in Holanda before a second Master in contemporary performance and production from the Berklee School of Music in Valencia in 2015.

He has taken part in different projects with musicians Victor Mendoza, Perico Sambeat, Mariano Staimberg, Celia Mur, among others.

He received his sound therapy training from Rafa Monsonis, and incorporated singing bowls to his work.

David has recorded four albums since 2007 and has played in music stages in Europe, North Africa and Asia, including the Mediterranean Guitar Festival (Morocco), Equals Festivals (India), Muze Jazz club (Belgium), Mediterreanean Festival (Valencia).