



## Annual Benefit Report 2023 Publication

Sound Body Initiative  
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**Our Mission:** Bridging music and the arts with holistic wellness practices, Sound Body Initiative is nurturing the connection between sound, body, and mind by bridging music and the arts with the wisdom that everyone can expand upon their healing powers within through focused intention, vibration, and fun!

Dear Community,

With our first official yearly report as a benefit LLC we are excited to share all the ways that Sound Body Initiative has impacted its community in 2023. This past year was filled with so many amazing connections and learning experiences. It is with much gratitude and respect that we share an outline of our major achievements over the past year.

### 2023 Highlights:

- Provided 5 free sound healing and mindful live music meditations for ongoing public events both independently and in collaboration with other community organizers
- Provided free individualized sound healing services for 3 separate recipients
- Provided discounted rates for other organizations also serving the general well being of the public through music, movement and the healing arts
- Provided outreach for individuals to become involved in the somatic healing arts
- Created strong working relationships with other providers who are also serving the general well being of the public through music, movement, and the healing arts.

It is our mission to provide overall mental wellbeing and health equity to the greater collective through facilitating mindfulness practices incorporating the healing elements of music, movement, and creative community involvement.

With respect to common third party standards in our field, -The National Standards Board for Therapeutic Musicians and National Institutes of Health both accurately represent the necessary standards to compare for the benefits of sound healing, mindfulness and community wellness interventions.

The National Standards Board for Therapeutic Musicians “The practice of the therapeutic musician is to use the intrinsic healing elements of live music and sound to provide an environment conducive to the human healing process.

National Institutes of Health

Community Interventions to Promote Mental Health and Social Equity -

“Findings from many studies reinforce the interplay among mental health, interpersonal relationships, and social determinants of health.” and “There is evidence for the effectiveness of community interventions for improving mental health and some social outcomes across social-ecological levels.”

Sound Body Initiative is proud to have remained consistent in compliance with these third-party standards.

We are currently working on more ways to incorporate our services into groups who are already serving communities in need. With more feet on the ground, our focus is to continue finding ways to share our services with broader demographics while educating communities on the health benefits of sound, music, and movement for the brain, body, and spirit. We plan to focus on increasing revenue support so that we can continue to offer at least 4 free somatic healing arts events to the public every year.

For those seeking ways to support Sound Body Initiative in benefiting the greater good, please contact: [events@sound-body.org](mailto:events@sound-body.org)

If there was one phrase that could sum up our first fiscal year, it would be this...

“Your talent was God’s gift to you. What you do with that talent, is your gift to God.”

- author unknown

It has been an incredible gift to see all the ways that Sound Body Initiative has impacted the community around us. Uplifting others through music and sound so that they may feel empowered and connected to live better lives is something that remains the main driving force behind this company.

We look forward to continuing to serve the world with the wisdom that everyone can expand upon the healing powers within through focused attention, vibration, and fun!

With prosperity and love,

Jessica Rosario

Owner

Sound Body Initiative llc