

# Therapeutic singing

with Maria Daniela Viteri



**Crown chakra:** pituitary gland

**3rd eye chakra:** pineal gland

**Throat chakra:** thyroid

**Heart chakra:** thymus

**Solar plexus chakra:** spleen

**Sacral chakra:** adrenal glands

**Root chakra:** ovaries/testes

## Sounds to clean and release

1. Sighing from highest to lowest pitch
2. Purring sound (R vibration)
3. Bee sound / bzz