

Brett Pinar

Frequency Aided Recovery

I am a certified sound healing practitioner through Life Changing Energy, also a musician of over 20 years. Music and sound have tremendous healing properties. I play quartz singing bowls to bring clients into deep states of meditation and relaxation. I believe that the law of vibration works through all things and has extraordinary benefits on the body. My clients claim that my sessions have helped relieve headaches, post traumatic stress, dealing with grief of loss, improve sleep, as well as increase an overall feeling of relaxation within oneself.

My goal is to help as many people as possible have more positive and deep experiences with themselves without the use of any pharmaceuticals. My healing journey has just begun and my knowledge and fascination continues to grow. Come and unwind from the stresses of life with a sound bath by myself at Frequency Aided Recovery.



* I offer group sessions on the first Sunday of every month at the Labor Temple located at 840 E. St. Eureka CA.

* I also offer more specific private sessions.

* I also offer didgeridoo lessons and circular breathing lessons.

* Contact me to book an appointment or to find out when the next community soundbath is.

707-498-3839
frequencyaidedrecovery.com