

Teri is a master of music and meditation on a mission to introduce the world to the power of songs and gongs that help to de-stress, boost productivity and creativity, and support balance and well-being.

As a singer/songwriter, Teri knew about the positive connection between music and lowering stress, and in 2013 she added the ancient gong to her workshops and performances. Used for centuries as a meditative tool, its resonant sounds calm the frenetic monkey mind. In fact, 65% of people who “got gonged” reported being at least 75% more productive after the session than at any other point in the day. A Wilder benefit!

Having studied music and theater at the American Conservatory of Music and Columbia College of Chicago, and received her Sound Healing Certificate from Global Institute of Sound Healing, Teri blends the science of music with the meditative benefits of songs and sounds into perfect harmony. As a performer and sound healer, Teri has brought joy and a reduction in stress to hundreds of audiences.

Visit Teri’s website for more info on Wilder Vibes! www.teriwilder.com