RESONANCE • RESTORATION • CEREMONY

SOUND HEALING

With

CIARA ADAMS



WELCOME

Welcome to a sanctuary for deep rest, restoration, and a gentle return to wholeness. Here, sound becomes a doorway: a way to soften, to release, to journey inward, and to remember the song that lives within you. "The Seed has the potential of the entire tree, but has no clue how it's going to become the tree."

Our emblem unites a deer and the triquetra, weaving personal story with ancient memory. The deer honors my son, Oisín, my "little deer," whose spirit guides this space with softness and courage. In Celtic lore, the deer is a herald of the Otherworld, a guardian of the arts, and a teacher of grace and intuition: stepping lightly, listening deeply, and leading us through the forest of the heart toward beauty, compassion, and renewal.

The triquetra reflects my Irish roots and the living braid of life: Mind–Body–Spirit; Land–Water–Air; life, death, and rebirth held within the eternal circle. This turning circle reminds us that every ending seeds a beginning, and that love moves through every season, unchanged at its core.

Within these symbols, The Unity Studio offers pathways to healing and creation. I house the Harmonic Egg for vibrational recalibration and energy healing; I share sound healing journeys, ceremony, music, and gatherings that invite community and connection. Through tone, resonance, and song, we remember the voice as instrument and medicine—carrying stories, clearing sorrow, and tuning us back to our true pitch.

Here, art and healing are one practice. We move with the deer's quiet strength, breathe with the elements, and sing our way home. May this be a place where you are received exactly as you are, and where, note by note, the union of body, mind, and spirit brings forth the magic of creation—and the courage to live it.





A Lifetime in Music

Ciara comes to sound healing as a professional musician and lifelong vocalist. Classically trained from childhood in piano and voice, she studied Opera as a performance major at Queen's University and classical acting and performance at the Guildhall School of Music and Drama in London, England. Decades of touring, recording, and performing as a jazz, contemporary, and theatre artist gave her a deep, embodied understanding of resonance and of how sound moves through people.

A pivotal mentorship with Fides Krucker, pioneer of the Emotionally Integrated Voice technique, shifted her focus from performance and perfection toward authentic, embodied expression. That turning point opened the door to sound as a path of healing.

Ciara's Dán

Ciara's Dán is the natural extension of a life in music: the place where concert meets ceremony. Drawing on her experience as a performer, composer, and theatre creator, Ciara weaves channeled song, live instruments, sound journeying, and ritual into an immersive ceremonial experience. Each gathering is unscripted, guided by spirit and by what the room calls for.

Rooted in Resonance

Proud of her family's heritage, Ciara is a first-generation Canadian with deep Irish roots. Her Celtic heritage flows naturally through her work, bringing a mystical, ancestral depth to every sound journey and ceremony she offers.

Today, her sound healing practice brings together her musicianship, meditation and mindfulness training, vocal toning, Solfeggio frequencies, crystal singing bowls, and a wide range of sound healing instruments. Her own voice remains one of her most powerful instruments: intuitive, channeled song woven through each journey to support deep rest, release, and nervous system regulation.





An Integrative Approach to Sound & Healing

Today, with over 25 years of international touring, recording, and teaching experience, Ciara's work is deeply rooted in resonance, offering immersive sound healing experiences that guide people into a more embodied, authentic, and liberated relationship with their bodies, their creativity, and themselves. Her work welcomes people of all backgrounds, abilities, and levels of experience. Through all her offerings, she is deeply committed to providing a space for people to return to balance in the parasympathetic nervous system.

Through private sessions, group sound journeys, ceremony, breathwork, vocal toning, channeled song, and nervous system regulation practices, Ciara creates environments where artistry, healing, emotional truth, and authentic expression naturally converge. Her approach is grounded in the belief that every person carries an inner song — a voice connected to remembrance, connection, joy, and the body's innate capacity to heal and thrive when met with safety and presence.

In 2024, Ciara founded **The Unity Studio** as a dedicated sanctuary for her signature programs and immersive healing work. In addition to her core offerings, the studio is also home to the **Harmonic Egg**, and Ciara is trained as a Guardian in this advanced modality of sacred sound and light therapy designed to support balance within the body's autonomic nervous system. Together, these offerings create a uniquely integrative studio experience devoted to resonance, nervous system restoration, creativity, and transformation from within.





A personal reflection

I believe every person carries a unique instrument within them: an innate ability to harmonize, express, and heal. Sound reaches places words cannot. It moves through the body, softens what we hold, and reconnects us to something deeper than the thinking mind. Every session I offer begins with breath, which builds awareness, release, and connection within the body and opens the door to true embodiment.

My own journey into the healing frequencies of sound began during my years in the duo Saintfield, from 2018 to 2022. During that time I began studying Solfeggio frequencies, tuning forks, and the therapeutic impact of sound. This work became deeply personal and essential when my son, Oisin, was diagnosed with terminal brain cancer. Seeing how sound healing and the Harmonic Egg helped regulate his nervous system profoundly changed the direction of my life and work.

Grief has been one of my greatest teachers. In the depths of loss, sound became more than a practice. It became a lifeline and a way of being held. Out of that time came an intimate and ongoing study of channeled singing: allowing sound to move through me rather than from me, unplanned and unscripted, guided by spirit and by what the moment asks for. This opened a path into shamanic practice and ceremony that I could never have planned, and it awakened something ancient within me as a medicine singer.

That path gave birth to Ciara's Dán, an immersive ceremonial experience where channeled song, sound journeying, and ritual meet. In Irish, dán means both "poem" and "destiny," and this work truly feels like mine.

Since then, I have continued expanding my studies and practice as a certified sound healer. This path also brought me back to my lifelong friend and colleague, Shannon Brown, whose Sacred Sounds Certification became a central foundation of my training, alongside many other modalities and teachings. I am deeply grateful to now offer The Song Inside Summer Intensive with Shannon at The Unity Studio.

This work reconnects me more deeply to myself, the earth, and our shared humanity. And it is only just beginning.

—Ciara

SOUND HEALING

Immersive Sound Healing Journeys

Ciara's unique immersive sound healing experiences draw on her training and life's work as a theatre creator, composer and musician. Her journeys begin with creating sacred space, then she guides participants into a deep meditation, that weaves seamlessly into an intuitive sound journey.

Through the gentle, immersive resonance of sound, participants are guided into a state of deep rest and recalibration, where stress softens, the body unwinds, and the mind can finally exhale.

Ciara offers a variety of multi instrumental bespoke journeys that help to support a variety of intentions.

Participants are invited to lie back, receive, and allow the vibrations of sound to gently guide them into a deep nervous system reset and authentic healing experience or sacred journey — reconnecting to the breath, body, and inner stillness.



SOUND JOURNEYS

GROUP SOUND JOURNEY

Ground • Restore • Recenter

Nervous System Reset & Inner Alignment

Tuesday & Thursday evenings— 8pm - 9pm Weekly

CEREMONY: Ciara's Dán

Thursdays Monthly

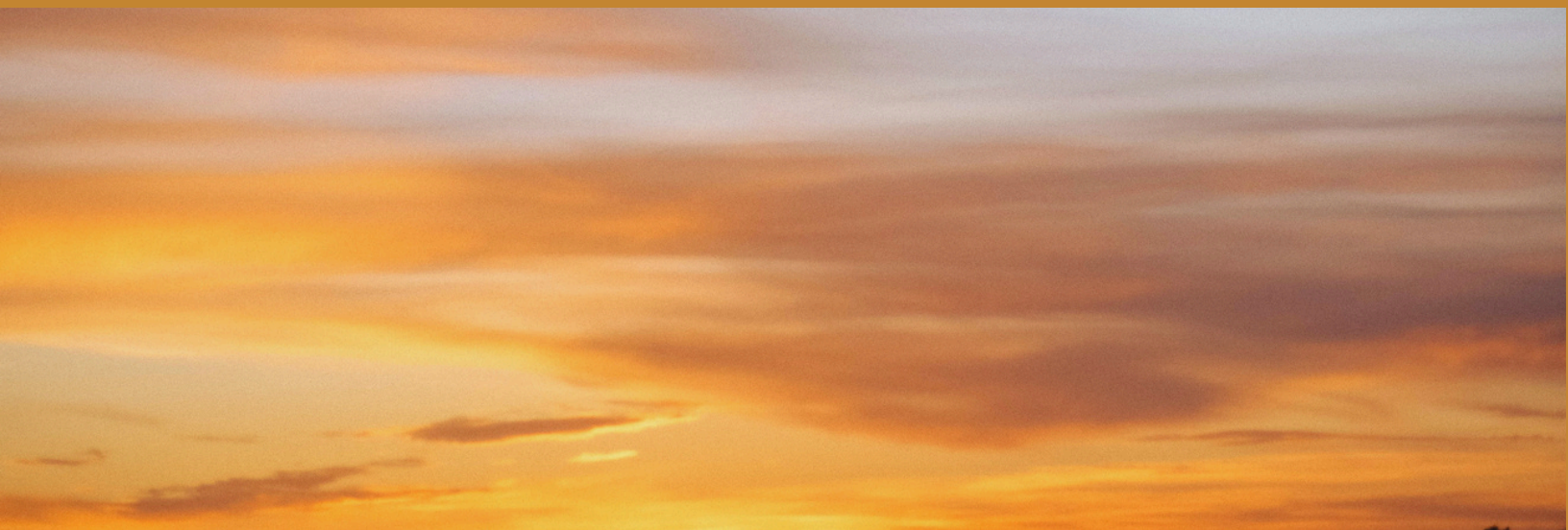
6pm - 9pm

inquire: ciara@theunitystudio.com

PRIVATE & CORPORATE SOUND JOURNEYS

Corporate Workshops focused on unlocking creativity, adaptability, stress reduction & emotional intelligence.

- DAY RETREATS - at The Unity Studio - Thursday & Friday Days
- Available for private events, festivals & wellness studios



PRIVATE SOUND HEALING

Offerings

1. COGNITIVE RESONANCE SOUND HEALING

Journeying & Inner Guidance

Immerse yourself in a fully guided private sonic journey designed to ease your mind into the hypnagogic theta state. Ciara guides clients through a carefully curated therapeutic sound journey supporting discovery, and a deepening connection to self, emotional clarity & inner guidance.

2. THE COGNITIVE RESET SESSION

Cord Cutting

Interrupt conditioned neural loops and break free from repetitive behaviors during this guided, pattern interruption session. By intentionally cooling overactive stress pathways in the nervous system, you will successfully close out old emotional attachments and open the door to fresh opportunities.

3. NEURO-ENDOCRINE SOUND BALANCING

Chakra Energy Balancing

Calibrate your body's major nerve plexuses and endocrine centers in this guided sound session designed to optimize your internal energy systems. By using targeted acoustic frequencies to stimulate these core neuro-endocrine hubs, you will release localized physical tension and restore your entire system to a state of vibrant, balanced alignment.

4. IDENTITY REINTEGRATION SOUND THERAPY

Soul Retrieval

Safely navigate your subconscious terrain to identify, heal, and reintegrate parts of your identity that were walled off during times of past stress. Through targeted sound frequencies and gentle somatic guidance, you will reclaim these hidden reservoirs of vitality and strength, leaving the session with a profound sense of psychological wholeness.

THE SONG INSIDE

SOUND HEALING & VOICE INTENSIVES

The Song Inside Intensives are immersive sound healing and voice experiences that help you awaken your authentic voice, deepen your connection to body and spirit, and use vocal expression for healing, transformation, and creative freedom.

They're held in person at The Unity Studio in the heart of Toronto. Each intensive blends vocal training, sound journeying, and ceremonial practice in a deeply supportive, co-creative space.

You'll get hands-on training in voice with a range of sound healing instruments, along with practical grounding in guiding sound journeys and tools to create expressive channeled vocal melodies.
Whether you're new to vocal exploration or already an experienced sound healer or singer, this is an invitation to uncover the voice that lives within your body: untamed, intuitive, and true.

Offered as 5-day immersions each January and July, with Full Day weekend intensives throughout the year.







TRANSFORMATION FROM WITHIN

THE HARMONIC EGG

In addition to her sound healing offerings, Ciara is the owner of **Harmonic Egg Toronto,** housed inside of The Unity Studio in the Junction Triangle in Toronto.

The **Harmonic Egg** is an egg-shaped wooden resonance chamber that combines sacred geometry, sound, and light therapy to deeply calm the nervous system. Your experience begins with a 20-minute one-on-one session with a trained Guardian to determine your intention & unique colour and song combination. Followed by a 50-minute treatment involving reclining in a zero-gravity chair inside the chamber, where you experience 40 minutes of customized musical frequencies and colored light, followed by 10 minutes of complete silence for integration.
To learn more or book a session click the link below.

LEARN MORE





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TRANSFORMATION
from within.