STEPHANIE ANN BALL

HEALING ARTIST · SOUND MEDITATION FACILITATOR · LYRIC COLORATURA SOPRANO · FOUNDER, VIBRATIONAL MUSE PRODUCTIONS & SOUNDSCAPE COVE

Media and booking
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Music as medicine. *From an opera stage to your team.*

Stephanie Ann Ball is a healing artist and sound meditation facilitator whose work sits at the intersection of therapeutic sound, science, and well-being. A classically trained lyric coloratura soprano, she has performed to audiences of more than 10,000 and on some of the most prestigious stages in classical music.

Off stage, she found the tools of performance did not transfer to the rest of life on their own. Applying them differently is what broke through her own anxiety, self-criticism, and procrastination, and it led her to build the L.I.G.H.T.S. Formula, her signature system for finding flow. She now helps individuals and teams regulate the nervous system, release stress, and access calm, clarity, and focus without burning out, and has brought this work to Harvard University, Amazon Web Services, and Alaska Airlines.

> *"An incisive and committed performer whose mellifluous voice certainly touched her audience. I was pleased at her facility with many styles from Strauss to Spiritual."*
>
> Craig Bohmler, composer of Riders of the Purple Sage

OFFERINGS

Sound bath for teams. Guided sound meditation with crystal singing bowls and voice for offsites, all-hands, wellness weeks, and conferences.

Keynote with sound. A talk on nervous system regulation and flow, closed with a short live sound experience.

1:1 sound meditation sessions. Sound, energy work, and subconscious reprogramming techniques. In person or online.

Community sound baths. Public group experiences, ticketed or hosted.

The Dreaming Room: Soundscapes for Deep Rest. Immersive concert series with live music, guided meditation, and storytelling. City of Seattle Office of Arts & Culture grantee. Through 2026.

Concerts and curated programs. Recitals, oratorio, and her concept programs on Black history in classical music: Renaissance & Remembrance, Heading Up to Glory.

TOPICS

Sound and the nervous system · Burnout in high-pressure work · From opera stage to healing work · The L.I.G.H.T.S. Formula · The voice as an instrument for calm · African American contributions to classical music

Formats: keynote, workshop, sound bath, panel, recital, podcast guest. Fees on request.

TRAINING

NLP · Hypnotherapy · Mental Emotional Release (MER®) · Reiki Master · Certified Sound Meditation Facilitator

CLIENTS INCLUDE

Harvard University · Amazon Web Services · Alaska Airlines

EDUCATION

M.M. Vocal Performance, Washington University in St. Louis. B.M., Northern Arizona University.

STAGES INCLUDE

Red Rocks Amphitheater · Cathedral Basilica, Denver · Bach Society of St. Louis · Opera Theatre of the Rockies

HONORS

Grantee, City of Seattle Office of Arts & Culture · Metropolitan Opera National Council Auditions, district winner

MUSIC

Original music on Spotify. Latest single "Ashwagandha Sunrise."