

Milestones Resilience Care

4863 N. Nevada Avenue, Suite 421
Colorado Springs, CO 80918
719-255-6453



Integrated Sensory Experience

The Integrated Sensory Experience, led by Dr. Jane Rigler, uses multi-sensory and grounding practices to encourage a collaborative walking and sound creation experience in a joyful environment. This practice, which includes activities such as sound-walking, movement, drawing, and writing, can be beneficial for individuals recovering from trauma.



Jane Rigler, Ph.D., Associate Professor, Visual and Performing Arts Dept., UCCS

Dr. Rigler's extensive background in experimental music and improvisation has led her to develop the Integrated Sensory Experience program. As a certified Deep Listening facilitator, she incorporates inclusive listening experiences into the multi-sensory and grounding practices used in her lessons. Her expertise in sound and movement is utilized through activities such as sound-walking, which encourages participants to explore their environment through listening and movement, and creative music ensemble, where individuals collaborate to create soundscapes.

She studied flute performance at Northwestern University (B.M. 1988) and developed her work in experimental music at University of California, San Diego (M.M. 1991, Ph.D. 1996). Her international career as a contemporary music specialist and improviser flourished while living in Spain for nine years. While in New York, she performed with established contemporary ensembles while also composing with electronics.

Now an Associate Professor at the University of Colorado (UCCS), she teaches flute, listening, Sound Art, Eco-acoustics, Creative Music Ensemble, computer music, composition and improvisation. Dr. Rigler also is a faculty affiliate with the Lyda Hill Institute for Human Resilience at UCCS.

To learn more about the Integrated Sensory Experience, better understand how it can play a role in your healing journey, or to schedule an appointment, you can contact Milestones Resilience Care at 719-255-6453.