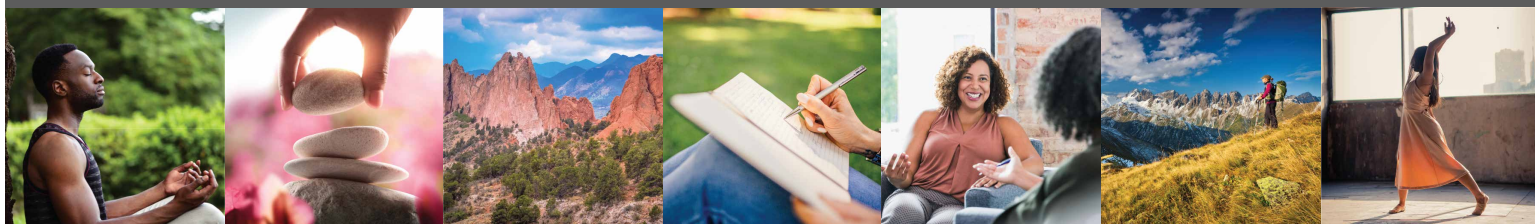


# Milestones Resilience Care

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



## Vibrational Sound Healing

**Sound healing is an alternative therapy that uses harmonic vibrations to support emotional, mental, and physical well-being. Instruments like singing bowls, gongs, and tuning forks create vibrations that help calm the nervous system and reduce stress. Known for its calming effects, this practice can ease anxiety, improve sleep, and support emotional healing by soothing the nervous system and promoting inner-harmony.**



### **Missy Romero, Sound Healing Facilitator & Yoga Instructor**

Missy is a vibrational sound healing facilitator and an E-RYT 500 certified trauma-informed yoga and stretch instructor. She is dedicated to guiding individuals through emotional and physical healing, and in her practice, Missy integrates ancient yogic wisdom with the therapeutic power of sound to create transformative experiences. Through sound baths featuring crystal bowls, tuning forks, gongs, and chimes, she helps people reconnect with their inner-harmony and release stored

trauma.

Missy's sessions are known for their inclusivity, safety, and subtle body awareness, often weaving in meditation and a bit of joyful rhythm. Her work honors the mind-body-soul connection, encouraging clients to embrace themselves as they are, while reaching for their highest potential.

A devoted dog mom and caretaker of a vibrant plant family, Missy brings warmth, intuition, and playfulness to everything she does. She believes healing should be both sacred and fun.



**To learn more about Vibrational Sound Healing, 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.**