

MUSIC AT NOON PROGRAM

March 17, 2026

University Recital Hall

Sound Bath: Resonance & Stress Relief

Parya Rostamian & Mike Oliviero

This 45-minute immersive sound bath session is designed to support stress relief and mindful awareness through sustained resonance and layered tonal textures. Drawing on frequencies commonly associated with relaxation and meditative states, the performance creates an enveloping sonic environment that encourages stillness and presence.

The session features crystal singing bowls, Tibetan bowls, gong, moon drums, ocean drum, chimes, bells, and other overtone-rich instruments. Rather than a traditional concert format, audience members are invited to close their eyes and experience the sound as a contemplative and sensory journey.

This session is a collaboration between Parya Rostamian and Mike Oliviero, with both artists contributing to the programming, composition, and ordering of the instruments and sounds. Through vibration, tone, and intentional listening, this session offers a space for restoration and focused calm.



University of
Lethbridge

Faculty of
Fine Arts
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UNIVERSITY OF LETHBRIDGE
DEPARTMENT OF MUSIC

Biographies

Parya Rostamian is a classical guitarist and graduate of the Bachelor of Music program at the University of Lethbridge (2024). Trained in classical performance, her artistic practice has expanded over the past two years into immersive sound bath and meditation experiences an interest that began nearly a decade ago.

In addition to hosting private sound bath events in Lethbridge, including at the Nikka Yuko Japanese Garden, Parya has been invited by private organizations to facilitate sound-centered experiences that encourage deep listening, presence, and relaxation. Her work has also extended into supportive settings, including sessions designed to engage and comfort individuals living with dementia.

Bridging classical musicianship with contemplative sound practice, her performances create spaces that are both refined and restorative.

Mike Oliviero is a professional touring drummer, percussionist, and certified sound healer.

He also has a background in holistic health, with multiple certifications related to well-being and meditation.

He has recorded and performed internationally across numerous projects and currently hosts monthly sound bath sessions at the Japanese Garden in Lethbridge, along with smaller private events designed for deeper immersive sound experiences.

Combining extensive musical experience with formal holistic training, Mike occupies a unique position within the sound-healing field, with over 17 years of professional practice.