

The Sounds Within

Educational/inspirational workshop

for libraries and Educational Institutions



-Program Outline-

Spring 2016

“Sounds Within” Workshop at local libraries and educational facilities incorporates our musical background from Berklee College of Music topped with the healing and inspiring tools of meditation/yoga we've mastered over the years.



The program offers: live soothing music, guided meditations, reading inspirational texts, inner contemplation and optional interactive rhythmic/musical exercises, inviting the audience to listen in and participate.



SagaSounds is auspicious friendship and musical duo. we love creating beauty and peace through our music and spontaneous creation. Sagit being a yoga and meditation Instructor and Allegra, a magical singer-songwriter, share sounds, quotes and ideas for creativity, empowerment and inspiration where/when needed. We invite you to subscribe to this sensual and enlightening experience.

Sagit Zilberman

Sagit is an internationally-acclaimed saxophonist, performer, and a certified yoga and meditation instructor, teaching at Berklee College of Music's LiveWell Program. Sagit has performed in Jazz Festivals and venues namely in Europe and leads workshops at Boston Public Libraries and Rogerson Communities. The healing vibrations of music have become one of her strongest interests over the years.

Allegra Cramer

An Australian-raised harpist and vocalist, Allegra channels her penchant for world rhythms, lyrical polyphony and spiritual adventurism into songs that soothe the soul and elude categorization. An internationally-touring Berklee alum based in Boston, she has worked with Grammy-winning artists Paula Cole and Javier Limon and has performed at the Boston Symphony Hall and IronHorse Music Festival.