



## BIO

Jeremy Dalton is a gifted musician with more than 20 years experience playing a variety of instruments in healing and therapeutic settings. Trained as a percussionist, he's played with international gospel singers and bands since he was a teen. Inspired by his own journey through depression and anxiety back to mental health, Jeremy endeavors to share his love of music as a form of connection and healing, as well as a tool to enhance wellbeing and happiness.

Since 2017, alongside the direction of his mentors, Jeremy has dedicated himself to the art of rest + recovery through sound healing techniques and instruments including crystal sound bowls, gongs, shamanic drums, chimes, and more. He has had the opportunity to create unique soundscapes and spaces for private events and public organizations. His credits include performances for world-class wellness events and organizations including: The Center for Love + Light, Sound Apothecary, Yellow Mat Wellness, KIPP Schools, Bali Spirit Music Festival (*rescheduled to 2021 due to COVID-19*) and more.

Jeremy is the owner of Green Means Go, a cannabis wellness company, and proud Dad to two incredible kids.

He currently resides in Atlanta, GA

To learn and hear more, visit [www.jeremydaltonmusic.com](http://www.jeremydaltonmusic.com)