

## HUM at HOME / Polyhum by Sergio Lopez Figueroa

### BACKGROUND INFORMATION TO THE 10 day challenge

[www.humathome.co.uk](http://www.humathome.co.uk)

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**Humming in Harmony** is a social enterprise being set up by Sergio Lopez Figueroa, who has also been developing Polyhum for the last six years. This is a new form of creative and social mindfulness through polyphonic humming. These new online workshops are delivered for free in three languages specifically for the unique current circumstance caused by coronavirus and to reach out and bring together people from around the world and in our local communities, including those most affected. The intended outcome is to find time for yourself, that those joining can experience the benefit of humming, breathing and listening to create a routine of mindfulness, and form new social connections in this isolating time.

**Background** Sergio is an award-winning contemporary classical and film composer as well as a music teacher for special needs, and a professional pianist and piano teacher. He ran public health awareness workshops for mental health and regular Mindful Humming workshops at Westminster Music Library and was recognised by Ealing council for his innovation in mental health for the community in 2015. He was identified as a Changemaker during the Southbank Centre's Festival of Love in 2016 and has volunteered for the Grenfell community as one of the arts and therapy practitioners, followed by a live music performance interacting with the audience at Bush Theatre, family and friends associated with the tragedy. Sergio has a Level 2 Certificate in Mental Health Awareness 2018 and has completed training certified by Middlesex University through Mind in Harrow's Train the Trainer's Head for Work programme 2020.

**“My goal is to help others to become more supportive of others by, at minimum, getting humming accepted as a health benefit tool to promote empathy as a model of care by healthcare professionals, schools and organisations”**

Sergio is developing a new HUM mindfulness app, sound meditation and empathy community whilst continuing to reach out research centres interested in the interface between sound, the brain and mental health. Despite the deep impact of coronavirus in his future plans, he is finding new forms of reaching out communities and individuals worldwide and he is pleased you are part of this venture.

By taking part in this 10 day challenge to experience practical sessions of vocal sound meditation you are helping Sergio to a step forward. In each session you will get a simple tip that you can apply in your daily life and you will be able to feel more relaxed and grounded despite everything happening at the moment. It is time to look inside ourselves.

## Some testimonials by previous HUM at HOME participants

- *Through humming you acquire a great facility to connect with yourself*
- *It is very helpful due to the things happening it is very stressful and worrying*
- *Calming, healing, grounding, connection.*
- *Thought provoking. Definitely made a positive difference to my life and mindset.*
- *Clearing the mind of 'noise' & focusing on the music/my own breath*
- *It helped me get away from the stress of the day.*
- *I felt a little calmer, thanks above all to the final silence, which remained inside and outside of me.*
- *An opportunity to go into deep relaxation whilst humming and observing what happens to your body*
- *Such a great idea and very relaxing. Nice to do before bed or in stressful situations. Self soothing.*
- *An immediate feeling of internal peace and connecting more with my spiritual side*
- *My breathing - helped me focus more and clear my cluttered mind*
- *The vibrations, going inwards and joining with others to do such a positive thing.*

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He attempted in the past to fundraise via crowdfunding with Indiegogo  
crowdfunding <https://www.indiegogo.com/projects/hum-app-empathy-community#/>

Despite the deep impact of coronavirus in his future plans, he is finding new forms of reaching out communities and individuals worldwide and he is pleased you are part of this venture. On the website you will find and learn the timetable for each group and the starting point will be shared by those who showed an expression of interest. Filling a form online is the first step to do so. Each session lasts for 45 min and the challenge is a 10 consecutive days of training with flexible optional times in the morning and in the evening. Please refer to [www.humathome.co.uk](http://www.humathome.co.uk) for more information

Sergio Lopez Figueroa

- **Youtube** [www.hummingman.com](http://www.hummingman.com)
- **Instagram** @thehummingman
- **Facebook** group and page Humming in Harmony
- **Artwork** [www.empathicart.com](http://www.empathicart.com)
- **HUM at HOME** project [www.humathome.co.uk](http://www.humathome.co.uk)

