

# Cindy St. Cyr

## All-Around Delightful Entertainer and Founder of Houston Music & Wellness Center



Cindy believes in harnessing the true power of music for personal growth, transformation, and healing. With over 35 years of experience, in addition to her professional jazz singing, she specializes in music wellness programs that reduce stress and anxiety, foster team building, and promote life-empowering changes.

Cindy is a passionate Music Wellness Specialist, and her unique approach blends her talents in drum circle facilitation, sound healing sessions, and soothing vocal performances. She connects deeply with her clients, using her insight to guide them toward learning and growth.

She holds a Bachelor of Arts in Music (Magna Cum Laude) from the University of St. Thomas and has studied music therapy at Sam Houston State University. She is a trained facilitator with REMO HealthRHYTHMS, Yamaha's wellness piano program, and am a certified Sound Healer with the International Sound Healing Academy.

As a professional jazz singer with over 8,000 performances, both as a solo artist and with bands, Cindy is committed to using her musical gifts to make a difference.

Outside of her wellness work, she is now celebrating more than 35 years of bringing joy to seniors through music, singing, drumming, and sound healing for stress reduction and life empowerment changes.

She enjoys watching movies, singing in her church choir, and she especially enjoys spending time with her family. Her annual family crawfish boil is a cherished tradition!

She looks forward to learning how she can help you with music entertainment for your event or to bring growth and healing your way through music wellness!

If you are interested in learning more about Cindy's offerings or booking her for an event or private session, please reach out to her via email at:

- Singing Entertainment - [cindy@cindysteyr.com](mailto:cindy@cindysteyr.com)
- Music Services - [cindy@musicwellnesscenter.com](mailto:cindy@musicwellnesscenter.com)
- Or give her a call at 713-464-7464

