

Sound Healing: The Power of Sound

Ruby Red Workshop
Saturday, 10:30 am – 2:30 pm
October 3, 2026
Educator: Cal Duran, volarduran@yahoo.com

CLASS DESCRIPTION

This 1-day workshop will focus on sound as a healing force through cross-cultural perspectives. Students will learn about meditation and sound bathing with the use of various musical instruments. Breathing techniques and body movements for healing will also be explored. Students will investigate how sound can be used in everyday life to release stress and to calm the body and mind.

Pricing:

Museum Friend: \$65 / Member: \$70 / Student: \$70 / Non-Member: \$80

Refund and Class Cancellation Policy:

The Denver Art Museum adheres to a no-refund, no-exchange policy. If you are unable to attend, please consider your payment a tax-deductible donation.

If a class or workshop is cancelled by the Denver Art Museum due to inclement weather or teacher illness, a make-up day will be scheduled on a later SATURDAY as the educator's schedule allows.

Accessibility Statement:

To request large print materials, a sign language interpreter, CART or any other accessibility service, please email Access@DenverArtMuseum.org at least ten (10) business days in advance of the program. We will make every effort to provide accommodation for requests made outside of that window of time.

Please see further information about accessibility, parking, and directions to the DAM here: <https://www.denverartmuseum.org/en/accessibility>

Materials:

All materials will be provided for this workshop.

What to Expect:

Students can expect to find a deeper understanding of how sound can help to heal the body and mind. No prior knowledge needed. The beginning of class will focus on discussion of the musical instruments used to help us heal. Then, students will experience sound bathing and meditation as a group. Time will be spent in galleries exploring instruments used in ceremonial practices and as healing tools by our ancestors. To conclude, students will be led through yoga positions, breath work, and mantras for healing.

Educator:

Cal Duran is an artist and art educator focusing on connecting with his ancestors from an Indigenous and Latinx background. His work often explores parallels between hybrid identities found in myth, religion, and ritual. Duran has shown altars, installations and artwork in museums and galleries throughout the Denver Metro area and beyond. He continues to honor his ancestors and recently created a room at Meow Wolf in Denver, honoring the indigenous tribes of Colorado and the Americas.

<https://www.artbycal.com>

WORKSHOP SPACE POLICIES

About:

The Ruby Red Workshop is a dedicated space for Creative Classes and adult programs located on the first floor of the DAM's Martin Building. Students can expect a traditional style art workshop with tables and four-legged chairs with backrests. There are a variety of other seating options available. Sinks, soaps, paper towels, and waste receptacles are accessible in the workshop. Restrooms are located in the elevator bay just outside the workshop entrance. Food and beverages are allowed inside the workshop space, please ensure that you do not enter any galleries with these items.

Each class is different and does not follow a strict or set structure, but will generally include instructor presentations and demonstrations, class gallery visits to view artworks in the DAM collections, individual work time supported by class instructor and assistant, and discussion or share-out time of finished works and works-in-progress.

Cleanup:

Students must remove all artworks from the classroom at the end of each class. If wet paintings or in-progress artworks need to be stored in the classroom, there is limited storage on drying racks and in the equipment closet. Students must take home their own materials after each class. Art supplies and equipment belonging to the DAM should be put back in the appropriate locations. Sponges, paper towels, and cleaning solution are provided in the classroom for cleanup.

Classroom Access:

Students will have access to the classroom only during scheduled class hours. Please contact Mia DeBakker, Creative & Public Engagement Coordinator, if you need to arrange entrance to the Workshop outside of those hours – mdebakker@denverartmuseum.org.

QUESTIONS

Questions about class content, curriculum, materials, etc. can be directed to Mia DeBakker at mdebakker@denverartmuseum.org or Sarah Rockett at srockett@denverartmuseum.org.

For any questions concerning your registration, please reach out to our Sales & Service Team at info@denverartmuseum.org or (720) 913-0130.

Thank you for being part of Creative Classes at the DAM!