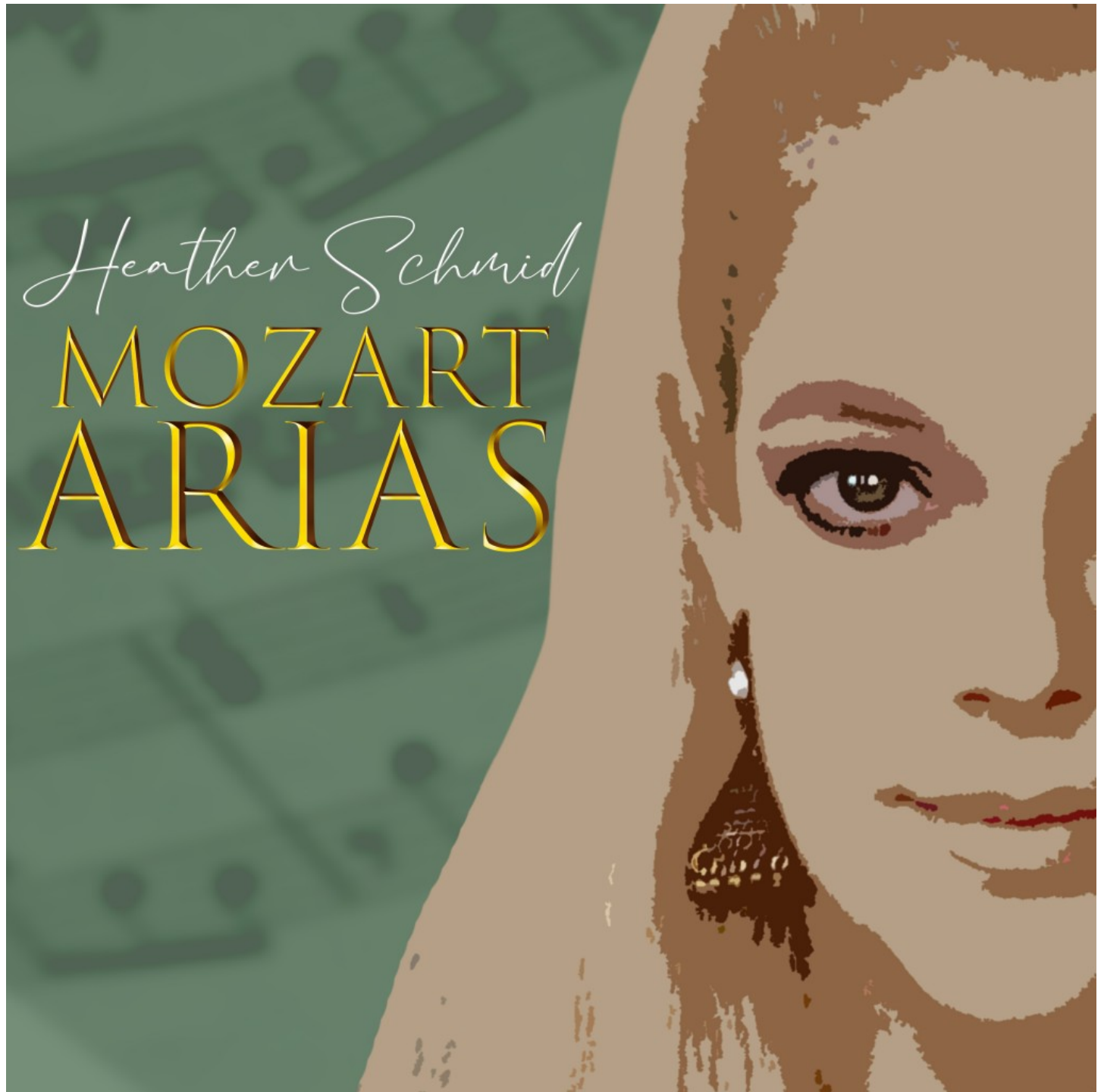


Musician HEATHER SCHMID Returns To Mozart For Its Healing Qualities During Turbulent Times



Massachusetts, Boston, Mar 17, 2021 ([IssueWire.com](https://www.issuewire.com)) - Many have turned to music as a coping mechanism during this pandemic. Aside from Covid-19's physical health threat, people's mental health has suffered. The fear and uncertainty have affected all of us. Music is one universal way to handle daily stress, and Mozart's music is particularly effective in promoting healing. Realizing how much music has been healing, uplifting, and revitalizing for herself, a classically trained singer and musician, Heather

Schmid returned to the recording studio to produce a Mozart album in hopes of providing solace for listeners.

"Mozart takes time and precision, so I soaked up the healing, relaxing music qualities to de-stress during these turbulent times. Like so many other musicians, every single show, gig, live performance, and touring opportunity was canceled in March- dead stop, so practicing Mozart every day started as a healing balm for me. I want to share that feeling of relaxation and calm with listeners. These are difficult times and listening to Mozart is a great tool to calm the spirit and uplift the soul."

There are many studies that prove how Classical Music can reduce stress, help you relax, and fight depression. And specifically, Mozart's music can also help to boost your memory; make you more productive, creative, and happy. As a classically trained singer herself, Heather wanted to share all of these benefits and more to the world; with her newest album: "Heather Schmid Mozart Arias" which is now available for streaming and download on all digital music platforms. It's a special four-track album compilation of some of the most famous and most beautiful Arias from Mozart featuring Batti, Batti, O Bel Masetto and Vedrai Carino from Don Giovanni, Deh, Vieni Non Tardar from Le Nozze di Figaro and Una Donna a Quindici Anni from Così Fan Tutte.

Listen to the album here: <https://fanlink.to/HSMozartArias>

Exploring more about the benefits of Classical music, Heather also launched an amusing and informative project called "Mozart and the Brain" – a series of videos that tackles how the brain responds to Mozart's music – correlating to the famous term "The Mozart Effect". The "Mozart and the Brain" videos are uploaded weekly on Heather Schmid's official Youtube channel: youtube.com/heatherschmid

Heather Schmid's official social media accounts:

Facebook: facebook.com/heatherschmidofficial

Instagram: [heatherschmid](https://instagram.com/heatherschmid)

Twitter: [HeatherSchmid](https://twitter.com/HeatherSchmid)

Website: www.heatherschmid.com

For more information, promo requests, or to arrange an interview, contact Kerry Davis of Neuroscience Media Group via email: kerryhdavis@comcast.net.



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