

## PRESS RELEASE



THIRD EAR is a stylish sound meditation and mindful living app, with a focus on the powerful effect of sound on the human mind. This easy to use application can be accessed via the THIRD EAR mobile app or online. It was designed and made by a trio of Swiss ears: Leo, his sister Julie Cosendai, and childhood friend Charles Vila.

THIRD EAR™

THIRD EAR was realised by sound practitioner and meditation teacher Leo Cosendai, and features an extensive and varied library of his *gong sound baths, mantras chants, pranayama breathing exercises and mindful meditations*- recorded at a studio where Jarvis Cocker and other greats have captured iconic sounds in Kensal Rise. The app enables you to create your own sound & mindfulness sanctuary, or lets you ask the genie to select a meditation depending on your mood & activity- a piece of peace wherever you are.

THIRD EAR also features a program called 'the wheel' which is made of 8 paths designed to bring an effortless sense of mindfulness into your daily life, accompanying you through each step of your sound journey.

The app has a personalised user friendly approach, with a simple layout and varied content without the feeling there are mountains

to climb. It is engaging, accessible to all, and makes meditation an experience, rather than a learning process, all through the soothing sound waves.



Your brain, your waves.  
Tune in.

Select from a 1 minute meditation to a 45 minute immersive gong sound bath meditation, consolidate your experiences and chart your progress on a user friendly platform, and let the genie choose a selection of meditations for you according to your mood. A piece of peace wherever you are.

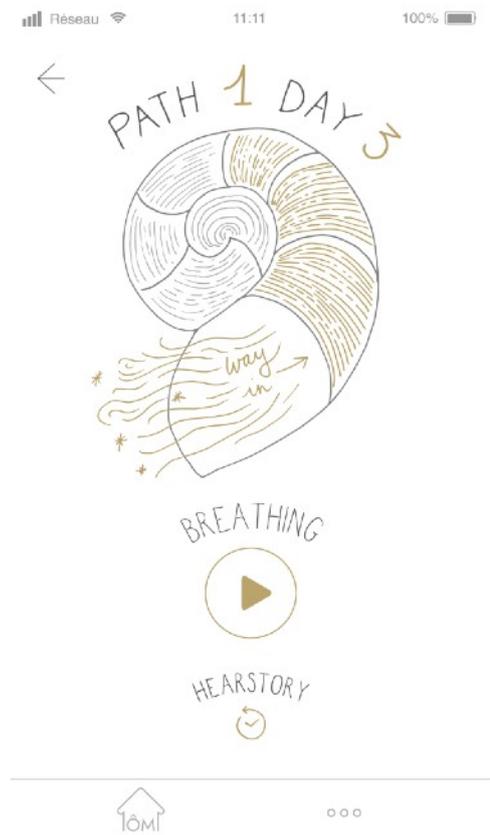
THIRD EAR is free to download with access to some content, and as a one off yearly subscription (£39.99) or month by month (£3.99) from the Apple Appstore.

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### PRESS CONTACT

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# SCREENSHOTS



## BIOGRAPHY

Leo Cosendai is a Swiss born sound meditation teacher based in London. His early years were spent between Switzerland and Asia where he was exposed to a culture which has discreetly shaped his path.

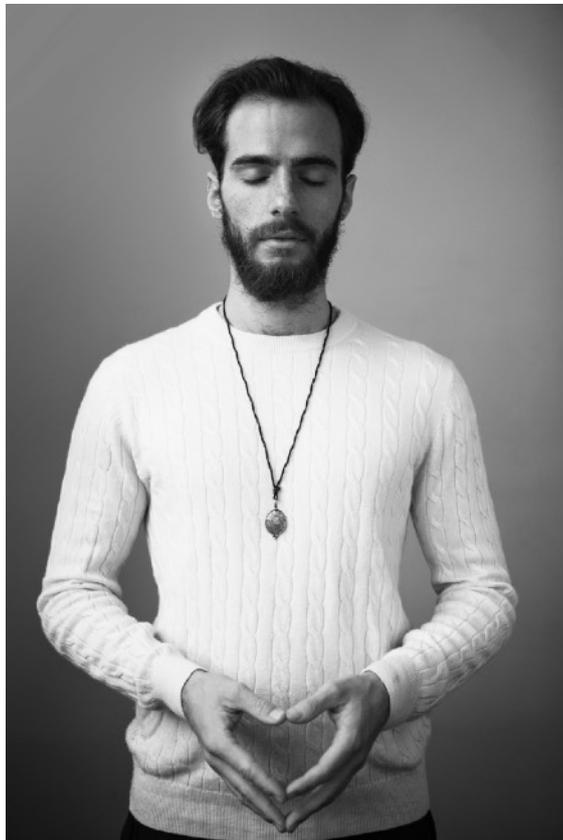
On moving to London Leo discovered meditation with sound, finding that the anxiety he had suffered with in his youth subsided through the combination of both. He knows first hand how it can help!

Having studied music in both Lausanne and London, he was drawn to the therapeutic facet of sound, and captivated by the impact that Gongs and chants had when coupled with breathing exercises and mindfulness.

His research led to a fascination of psychoacoustics- how the power of sound affects the brain waves, and convinced him that all 4 practices could and should be combined.

This formula became the basis of THIRD EAR.

Leo teaches in London's leading yoga studios including Indaba, Triyoga, The Life Centre, and gives workshops internationally. He has been featured widely in the press, appearing in VICE, Huffington Post, Daily Mail and Evening Standard to name but a few.



Photography by Cecilie Harris

