

enveloped by sound



# ALLTON Sound Cradle

Feeling safe within the Resonance Space

# Energy trough Relaxation!



The Sound Cradle uniquely combines music, vibration, and a sense of security.

As a sound furniture piece and therapeutic instrument, it invites people not just to hear the sound but to feel it with their whole body. The gentle vibrations promote relaxation, inner balance, and a deeper, positive body awareness. Whether in therapy, education, or personal use: the Sound Cradle offers space for recovery, regeneration, self-awareness, and creative expression. Developed from the desire to make original sensory experiences accessible again, it has accompanied people in various life situations for over 30 years.

*Relaxation and  
Comfort through  
Soothing Sounds*



The vibration of the monochord sounds is transmitted inward through the playing of the strings and can be physically felt. Every single cell resonates, creating a heavenly sense of relaxation.

## *Benefits for the Client*

- ✓ **Deep relaxation in a short time**  
Enables rapid recovery from stress, anxiety, pain, and sleep disorders.
- ✓ **Full-body vibration experience**  
Promotes body awareness, relieves tension, supports neurological rehabilitation.
- ✓ **Multisensory stimulation**  
Hearing, feeling, movement, rocking – all senses are gently engaged.
- ✓ **Emotional stabilization and self-regulation**  
Helps with inner restlessness, trauma, regulation disorders, PTSD.
- ✓ **Strengthening trust, bonding, and self-efficacy**  
Encourages social interaction even without verbal communication (autism, dementia, children).
- ✓ **Versatile for all age groups**  
From babies to seniors, in therapy, care, and education.

## *Benefits for the Practitioner*

- ✓ **Wide therapeutic application range**  
Music therapy, psychotherapy, neurology, education, care, wellness.
- ✓ **Quick and easy to use**  
No musical knowledge required, easy to learn, high therapeutic success.
- ✓ **Versatile applications**  
Lying, sitting, standing, rocking, tunnel, sound shower – for individual and group settings.
- ✓ **Scientifically validated effectiveness**  
Possible relief of pain, anxiety, sleep disturbances, or neurological complaints.
- ✓ **High client acceptance**  
Very positive feedback even from hard-to-reach or non-verbal clients.
- ✓ **Economically sustainable and durable**  
High-quality craftsmanship from our own workshop in Germany, low maintenance.





# Resonance Rooms

Creating Atmospheres for Well-being and Restorative Experiences

In the room – in the resonance room.

## *Medicine of the Future: Healing through Vibration*

„For me, there is nothing besides music that truly has the potential to unite body, mind, and soul in the literal sense or to make this unity perceptible. The Sound Cradle is the ideal instrument to combine hearing and feeling while generating well-being.“

Thomas Schröter, Music Therapist, Sokrates Health Center,  
Göttingen/Switzerland  
<https://www.klinik-sokrates.ch>



## The Sound Cradle for Adults



## Regeneration in Harmony with Body, Mind, and Soul

The Sound Cradle is a unique sound furniture piece. In its shell-shaped resonance space, externally generated vibrations spread audibly and tangibly throughout the entire body. Gentle rocking, warm sounds, and vibroacoustic resonance engage all the senses: hearing, touch, balance, body awareness – reaching the deepest structures.

Whether in psychotherapy, music therapy, special education, care, or wellness: The Sound Cradle helps people let go, rediscover themselves, and find balance.

### Applications

- Regeneration and prevention
- Deep relaxation and sound journeys
- Body awareness and self-care
- Sound meditation and hypnosis

### Applications

- Kindergartens and schools
- Child and adolescent psychiatry (CAP) and music therapy
- Clinics and therapy practices
- Care and rehabilitation facilities

The Sound Cradle is suitable for all age groups – from infants to seniors. Numerous therapeutic and educational institutions report impressive effects on relaxation, pain reduction, emotional regulation, improved sleep, and social interaction.

Manufactured with craftsmanship in the ALLTON workshop in North Hesse, from high-quality wood and in customized designs, the Sound Cradle has supported users on their path to greater inner peace and vitality for over 30 years.

### Sizes and Versions

- Size: Diameter 70 x 35 cm
- Length: 130 / 150 / 180 / 195 cm
- Sound hole: Ear-shaped / long slot
- Material: Beech and birch veneer
- Surface: Oiled / high-quality lacquered (2K)
- Stringing: 2 x 18 monochord-tuned strings

### Add-Ons

- With straps for suspension
- With seat attachment for securing/mounting
- Upholstered cover with hay or foam filling
- Seat for sound chair and sound massage rocking chair

## Experience Security and Perceive Vibration

The Sound Cradle uniquely combines musical vibration, body perception, and gentle movement in a single sound furniture piece. Its special construction opens up diverse therapeutic applications – from deep relaxation to targeted sensory activation.

### 1. Calming Sound through Monochord Tuning

The Sound Cradle is built on a monochord principle: each side has 18 strings tuned to the same note. This creates a continuous, overtone-rich soundscape when played. This steady sound is calming, can lead to meditative depths, and may even induce altered states of consciousness – a method successfully used in therapy since the 1980s.

### 2. Tangible Music: Experiencing Vibroacoustics

The vibrations of the strings are transmitted via the resonating wooden body directly onto the person's body. This creates an intense, physically perceptible vibration – known as vibroacoustics. The music is not only heard but also deeply felt within the body (interoception). This experience supports deep relaxation and promotes physical well-being. Studies show: Compared to progressive muscle relaxation, lying on a sound furniture piece like the Sound Cradle provides a more intense experience (Sandler, 2008).

### 3. Immersion in the Resonance Space

Unlike traditional monochord beds, the Sound Cradle envelops you; you lie within the resonance space, not just on top of it. The half-shell shape surrounds the body like a protective cocoon. The vibrations are perceived with particular intensity – through hearing, through the skin (exteroception), and through bone conduction they are distributed throughout the body.

### 4. Sound Differentiation through String Arrangement

A unique feature of the Sound Cradle is the arrangement of the strings on both sides. The right side is tuned a fifth higher than the left. This setup allows for targeted sound perception on the right and left – a valuable tool for enhancing body awareness and sensorimotor integration.

### 5. Promoting Balance through Rocking

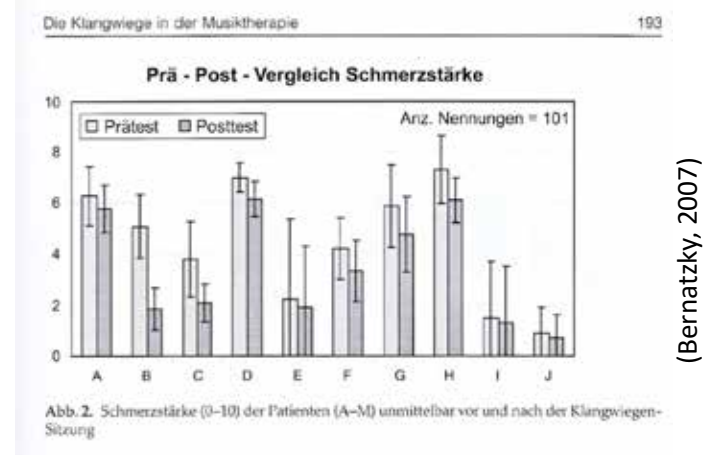
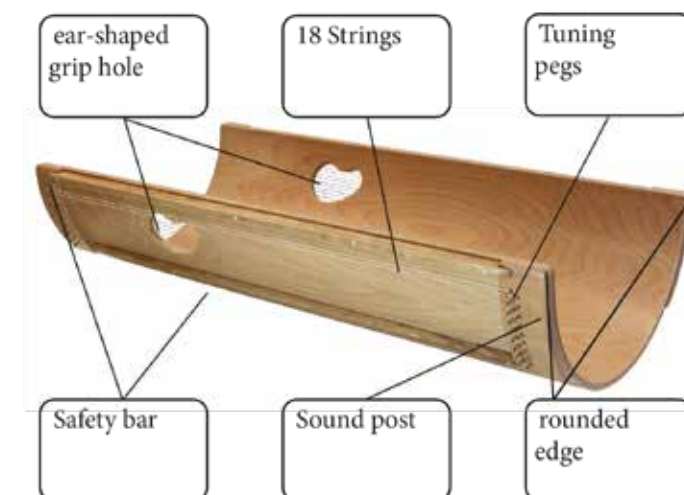
The Sound Cradle is movable – it invites gentle rocking. This rhythmic movement stimulates the balance organ (vestibular system) and has a calming effect on the entire nervous system. Particularly in work with neurological or dementia patients, this combination of sound, vibration, and movement is highly effective therapeutically.

### 6. Multifunctional for Everyday Therapeutic Use

Whether for sound massage, sensory integration, or vestibular stimulation – the various active principles of the Sound Cradle can be used individually or in combination. Even converting it into a „sound cave“ (turned upside down and fixed) offers new creative possibilities in therapeutic settings.

### Scientifically Proven and Practically Tested

The Sound Cradle is successfully used in clinics, rehabilitation centers, and therapy practices. At the Sokrates Health Center (Switzerland), it supports the treatment of pain, circulatory, and metabolic disorders. A study with pain patients (Schröter, 2003/2004) showed significant symptom relief – in some cases lasting for days (Bernatzky, 2007).



literature references:

Bernatzky, G. (Herausgeber) (2007): *Nichtmedikamentöse Schmerztherapie*. Wien/New York: Springer VS  
Hartmann, D., (2024): *Ausweg und Antwort*. Norderstedt, bod



# Finding Calm Even in a Group

The Sound Cradle is a semi-circular wooden shell.

On the outer sides, it is strung with guitar strings.

Inside, children can joyfully experience a fascinating soundscape with multiple senses and often rediscover their „inner center.“

It also allows children to find calm and experience moments of relaxation through the perception of harmonious sounds, even amidst active play in everyday kindergarten life. A wild pirate ship can quickly become a princess bed or a baby cradle where the child is gently sung to sleep.

All the strings are tuned to the same note and can be played by simply stroking them gently. This creates a harmonious, soothing sound, whether one string, several, or all are played simultaneously. The vibration of the string sounds can also be physically felt through contact with the wood.

## Multi-Sensory

### Hearing

The sound is amplified by the semi-circular shape. The finest tones and overtones can be heard, similar to the acoustics in a church dome.

### Feeling

The Sound Cradle is designed so that the sounds can be vibro-tactilely experienced by the whole body and the tones can be felt in different ways.

### Connection

Through eye contact, gestures, playing the strings, voice, humming, and mindful touch, a sense of connection, safety, and security emerges.

### Rocking

Studies show many positive effects of rocking: well-being, balance training, calming ...

Experience Security  
Find Inner Peace  
Feel Vibrations



References



Dorothea K. Hartmann, Dipl. Educator, Music Therapist (B.A.), Wiesbaden/Germany

“The Sound Cradle offers a special opportunity to help people, particularly those who faced challenging early childhood experiences, regain a greater quality of life. Difficult life phases can be gently navigated with the Sound Cradle.

Since my first encounter with the Sound Cradle in 1998, I have continuously worked with it in clinics, nursing homes, hospices, residential care facilities for neurologically ill adults, stroke patients, and children in my own outpatient practice. After such a relaxed boat ride in the Sound Cradle, answers and solutions for a happier life often come with a gentle breeze.”



Dr. G. Tuschy, Berlin/Germany

“For over 30 years, I have specifically used sound in my psychotherapeutic work. The Sound Cradle has proven to be one of the most effective instruments. It enables profound relaxation and opens emotional spaces that often remain inaccessible in purely verbal settings.

The combination of floating positioning and rich sound creates a unique experience – clients regularly report feelings of deep security, vivid inner images, and healing memories. Especially in group or couple therapy settings, the impact was remarkable: the Sound Cradle was often experienced as the ,highlight of the therapy.”



Thomas Schröter, Music Therapist, Sokrates Health Center, Güttingen/Switzerland

“For most patients, the Sound Cradle is the highlight of the treatment. Those who have experienced it often speak of it enthusiastically. I regularly witness that the Sound Cradle goes far beyond mere well-being: many people have profound experiences, feel connected, and experience a sense of unity – something often missing in everyday life.

I see how patients change during its use – how they become calmer, clearer, more centered. A transformational process often begins that has lasting effects. For me personally, working with the Sound Cradle is also enriching – thanks to the many intense, positive patient feedbacks.”



Cordelia Fischer, Music Therapist, Sonnenberg Clinic Bad Sooden/Allendorf and Private Practice, Kassel/Germany

“I have been working with the Sound Cradle for many years – in clinics, oncology, hematology, and in my practice. For many patients, it is a valuable companion on their journey of illness processing.

In the Sound Cradle, people find peace, rediscover themselves, and feel held and embraced by sound. Especially after serious medical interventions, many experience a positive body feeling for the first time again.

For me, the Sound Cradle is a central instrument in music therapy. It helps make the unspeakable tangible, promotes self-awareness and self-healing.”

Anke Wiesbrock, Fliedner Clinic Gevelsberg, Practice Klangheilraum Schwelm/Germany

“The Sound Cradle has been indispensable in my psychotherapeutic practice for 24 years and has also become an integral part of individual work in music therapy at the day clinic for the past 2 years. In the clinic, I use the Sound Cradle specifically to enhance patients’ self-awareness and help them consciously reconnect with their own bodies. The gentle vibrations and sounds support deep relaxation of the nervous system and contribute to regeneration and inner peace.

In my private practice, I work with disowned embodied parts and, in trance, connect with the recipient’s body parts to release stagnant blockages.”



Christina Charusa, Sound Practitioner, Klangeria – Sound Relaxation Practice, Puch/Austria

“As a sound practitioner, I accompany people in my practice who are in recovery – whether after chronic stress, emotional exhaustion, or internal overload. For many, the feeling of deep relaxation is a completely new experience, allowing them to reconnect with themselves, perceive their own bodies, and lose track of space and time.

The gentle sounds and vibrations of the Sound Cradle promote a sense of inner peace, safety, and security. In this state, healing processes can unfold: tension dissolves, new joy of life emerges, and often a radiant glow appears from within. A moment of deep connection – with oneself and one’s own needs.”



Jane Rous-Milligan, Music Therapist, East Anglia Children’s Hospices, Cambridge/England

“The Sound Cradle has become one of the most cherished items in our children’s hospice. Many of the children face a wide range of physical and emotional challenges, from limited physical mobility to pain and dystonia. Emotionally, they face unimaginable hurdles and can only communicate to a limited extent, making it difficult to comfort and calm them. Somehow, the Sound Cradle seems to overcome many of these challenges.

The children suddenly experience what it’s like to be held in the cradle, how it smells, and how the gently curved sides provide security and comfort. I regularly observe children relaxing and finding a sense of peace.”



Sarah Hüttmann, “Take Your Sweet Time”, Brighton/England

“I own many therapeutic instruments that I use in my work. The one that receives by far the most compliments is the Sound Cradle. It has the gift of deeply touching people in a short time, giving them a sense of security and regulating their nervous system.

I love the flexibility of easily converting the Sound Cradle into a rocking chair. Everything is exceptionally well-crafted. I use the cradle both in individual and group work.

A special experience was working with a group of deaf-mute people who could feel the music through the vibrations of the Sound Cradle. I also like to use it for a few minutes before a massage treatment to enable clients to enter deep relaxation more quickly.”





# The Sound Massage Rocking Chair

**Multifunctional Expansion:** With the seat insert, the Sound Cradle becomes the Sound Massage Rocking Chair.



With a specially made seat insert, the Sound Cradle can be transformed into a Sound Massage Rocking Chair. This allows people who cannot take a lying position to enjoy a sound massage while sitting. With just a few simple steps, the Sound Massage Rocking Chair can be converted back into the Sound Cradle. The Sound Massage Rocking Chair is especially popular in the care sector.



Anette Hessler, Relaxation Trainer  
<https://entspannungstraining-anette.de/>

Model A with long slot (KLS130E) and integrated wheels (KLS-ZRL) for mobile use.

„There is Music in my Hands.“

The **ALLTON Sound Massage Rocking Chair** offers a unique feel-good experience:

Sitting securely in the semi-circular resonance space, one can hear the string sounds particularly well and feel them soothingly throughout the body. The strings can be played from the side or optionally from behind, always in visual contact with the sound guest.



Model B with ear-shaped grip hole (KLS130B)

Even musical novices can easily bring the harmoniously tuned strings to sound by gently stroking them with a finger.

Sound perception activates sensory awareness, promotes relaxation, alleviates pain and restlessness, and creates calming and emotionally touching moments.



Care Home Management, B. Prange,  
Alten-Wohn- und Pflegeheim Christkönig,  
Reinhardshausen  
“The Sound Massage Rocking Chair is used in our senior, residential, and care home by residents with physical and/or cognitive impairments. It has a calming and relaxing effect.

The soul can rest.

The chair has a permanent place, where it is mainly used by our caregiving staff, but residents can also play it for each other. For independent use, the rocking chair is first secured with wedges to allow safe entry. When needed, it is used mobile, for example in palliative care. However, it is primarily used for residents showing signs of restlessness and for those with dementia.

We also like to place the sound chair near a sunny window so that residents can additionally enjoy the warmth of the sun while relaxing. We and our residents are always delighted with this wonderful piece!”



BBA Silvana Wackernagel, Management,  
Senioren-Pflegeheim ...aus gutem Grund GmbH, Ebsdorfergrund

“The Sound Massage Rocking Chair not only excites our residents but also my staff.

Dementia patients who are often restless sit relaxed and smiling in the chair, absorbing the gentle rocking movement as well as the sounds and vibrations.

They feel no urge to get up from the sound chair on their own. The calm feeling persists afterwards.

Staff from the kitchen or care departments have reported a deep feeling of relaxation after just 5 minutes. The chair provides truly positive moments for body and soul.

Our guests are also very enthusiastic, and everyone enjoys sitting in the chair or playing the strings.”



# The Development of the Sound Cradle

More than 30 years ago, a journey began that continues to touch people deeply to this day: the story of the Sound Cradle.

It started with the desire to make music not just audible but physically tangible – with the whole body.

Engineer Caspar Harbeke, instrument maker, and sound artist, was experimenting with resonating bodies, drums, and monochords when he met the Icelandic therapist Eyolfur Melsted at a music therapy conference in Denmark in 1994.

Melsted described an idea that had occupied him for a long time: an instrument that would make the safe, supportive feeling of the prenatal space accessible – for adults and children alike. He sketched a half-shell with strings on the outside, intended to combine rocking, sound, and vibration in a single experience. „Humans can hear even in the womb. Vibration, movement, sound – these are our first sensory experiences. Why not create an instrument that taps directly into this?“ – explained Melsted.

This vision stayed with Harbeke. Back in his workshop, he began developing a completely new sound furniture concept. After many attempts, a prototype was created: 130 cm long, half-shell-shaped, strung with 36 strings – a lounger, a resonance space, a cradle instrument. People could lie inside, be gently rocked – and, through the playing of the strings, not just hear music but feel it deeply within themselves.

The first public presentation took place in 1996 at the World Congress of Music Therapy in Hamburg, where the Sound Cradle was also awarded – a key moment. The Sound Cradle quickly became known in therapeutic circles. From the beginning, it was recognized: this form of sound resonance can be healing.



1995 – Eyolfur Melsted, the visionary behind the Sound Cradle, demonstrates its use to Caspar Harbeke.

The cradle has since been continually developed by the ALLTON team in their own workshop – in various lengths, with sound hole variations, seat modules, and rocking chair functions.

Today, it is used in clinics, rehabilitation centers, hospices, kindergartens, and therapy practices. Its effectiveness is well documented: it promotes body awareness, calms the nervous system, strengthens self-regulation – and gives people of all ages a sense of security, inner peace, and comfort.

Caspar Harbeke says today: „The Sound Cradle is more than just an instrument – it is a space where you can truly feel yourself again. Its development was the beginning of a path that continues to this day. I never imagined that this idea would lead to such a powerful therapeutic tool. When I founded ALLTON with Silke Hausser in 1988, our goal was to make sound and music resonance accessible as a medium for health, regeneration, and joy of life – whether in therapy, care, or everyday professional life. With the Sound Cradle as our main product, we have succeeded in doing just that.“



2025 – Silke Hausser and Caspar Harbeke, the managing directors of ALLTON, remain enthusiastic about the Sound Cradle.

# Music as a Source of Energy

## Training Opportunities and Workshops

### Use the Power of Music

Would you like to use music specifically to promote both active and regenerative processes? The Music Resonance Academy with its competent and experienced team of instructors offers practice-oriented, well-founded training courses to help you integrate music as a valuable tool into your professional routine.

### Why Music?

Music can calm, activate, improve well-being, and facilitate communication. You will learn how to use music purposefully even without reading sheet music and discover the positive effects of music resonance on individuals and groups.

The health-promoting and community-building effects of music and sound can positively influence your daily work.

### Music – Your Key to Greater Quality of Life

Use our knowledge and experience to specifically promote well-being and relaxation.

### In-house Training – Bring the Training Directly to Your Facility!

With our in-house training, you can offer your team practical continuing education – without additional travel or accommodation costs.

### Your Benefits at a Glance:

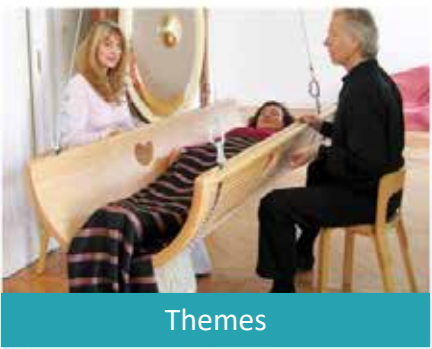
- Training on-site – tailored to your specific practice examples
- Flexible scheduling of dates, duration, and scope
- Use of available instruments or provision by us
- High level of practical relevance with experienced instructors



Idea



Team



Themes

Find the Right Program for You!  
At musikresonanz-akademie.de you will find our diverse workshop offerings. Or you can work with us to develop a tailored training program that suits your individual needs.

Let's get in touch! We look forward to hearing from you!

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## Energy trough Relaxation!

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### Gotten Curious?

The sound cradle and  
everything that goes with  
it is available in our store!



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