

Jenine Kerr

Jenine Kerr is a Christchurch-based breathwork and sound healing practitioner and the founder of Nine Healing Arts. She specialises in creating restorative, nervous-system-informed experiences that bring people back into balance through the combined power of breath and the therapeutic resonance of the gong.

Her work is deeply influenced by the lineage of Don Conreux, where the gong is understood as one of the most profoundly resonant instruments available – capable of filling the entire body with vibration and awakening a felt sense of wholeness and inner clarity. Immersive gong sound fields are known to vibrate through every cell of the body, supporting intuitive insight, deep relaxation, and a state of “full resonance,” where the mind grows quiet and the body returns to its natural harmonic state.

Jenine weaves this sound medicine with nervous-system-balancing breathwork, using techniques such as gentle active breathing, humming, and rhythmical patterns that increase nitric oxide, calm the mind, and prepare the body to receive sound more deeply. These breath practices support participants to shift into rest-and-repair states, allowing the gong’s holistic resonance to be felt not just through the ears, but through the entire sensory field.

Her sessions guide people into spaciousness, inner stillness, and a felt sense of grounding – inviting a softening of tension, the dissolving of mental noise, and the gentle unveiling of clarity and ease. Whether in group settings or one-on-one therapeutic sound sessions, Jenine’s approach is heart-led, intuitive, and grounded in the belief that when the body is supported to relax fully, its innate intelligence knows how to restore itself.



Breathwork and Sound Healing Practitioner

Topic: Breathwork & Gong
Sound Journey

