

feeltone  
by feltone products

# monchair

the playful easiness of the singing chair



designed by *Ingo Böhme*  
[www.feeltone.com](http://www.feeltone.com)

Birke | birch  
66 x 72 x 126 cm | 26" x 27.6" x 50"  
27 kg | 59 pounds

monchair - invites you to indulge yourself with sound and vibration.

A pleasantly vibrating 'flying sound carpet' will sweep you away from the stress of your everyday activities and transform you to a pleasantly mindful, relaxed state in only 5 minutes as your breathing and heart rate will slow down. During the session, a sense of deep relaxation on all levels arises.

In a light and playful way, people experience a soothing vibration, creating a gentle massage which invokes a state of calmness and an in the moment awareness which is often lacking in our daily lives.

Ingo Boehme has been developing and designing musical instruments for intuitive music and therapy since 1982. Beginning in 2003, Martina Glaser-Boehme has integrated the feltone sound vibration instruments into her sound and massage practice. She has also developed training material for the feltone instruments that she teaches worldwide.

Their cooperation inspired the creation of the monchair. The design, its visual lightness, and sonority makes monchair a one of a kind sound furniture. Truly eye catching and worthwhile to listen to, the chair is soothing with its lulling vibrations, soft seat and headrest.

monchair has 40 strings and is made out of birch.  
 fully assembled: 27,6" x 26" x 50", weight : 59 pounds (27 kg)  
 Inclusive: 1 tuning key, 1 tuner, replacement strings

### Features

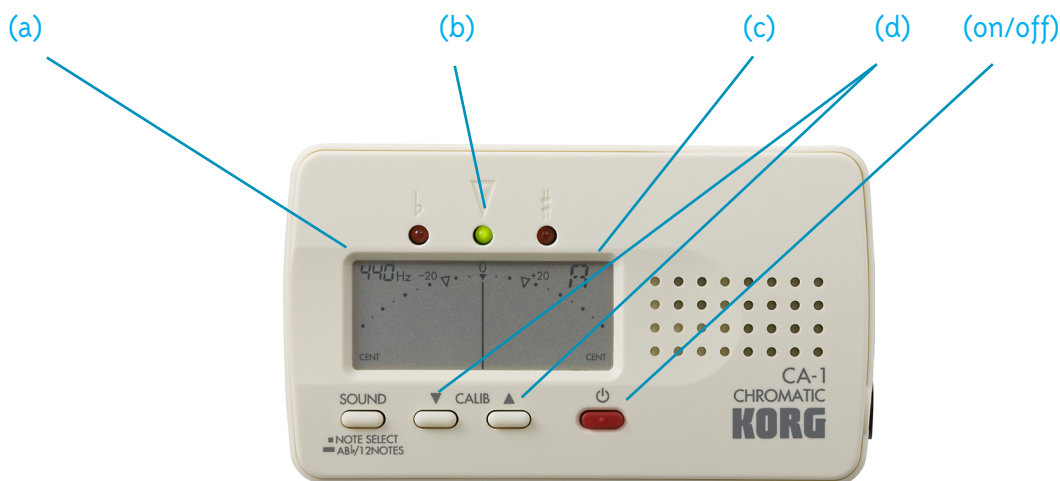
- weight capacity 330 lbs
- ergonomically designed seat
- stable design, to avoid over-stimulation of the equilibrium through combining the effects of the vibration of sound with the movement of the chair (rocking, swinging)
- all surfaces are treated with organic oils
- German designed and manufactured.
- easy to assemble
- small transport volume



### Tuning

- Monochord tuning  
 16 overtone strings in d, 20 bass strings in D,  
 4 fifth strings in A
- Tambura tuning  
 sets of 4 strings A d d D repeated 10 times

### The tuner



This compact and easy to use tuner encompasses the whole range of tones from C1 (32,70Hz) to C8 (4186,01Hz). Our recommendation for the tuning is to set the tuner to 432 or 440 Hz (a). If the tuner is set on another frequency you can change the frequency by pressing the button (d). This tuner works best when used in a low noise environment. This tuner displays the notes like this: C,D,E,F,G,A,B, no matter which octave. For example c' and c will be displayed as „C“.

The included tuner is designed to be used in a silent environment. If you have to tune in a noisy environment we recommend a clipon tuner (CA-AW3G) or a contact microphone (CA-CM200). This allows you to tune independent of the noise level around you. Both are not included and can be purchased through feltone.



We ship the instrument pretuned. But because strings and wood are reacting with temperature you will need to tune the instrument upon arrival and after a couple of retunings it will keep its tuning for long period of time.

**Let the instrument rest and acclimate to the new surrounding. After the instrument was unpacked and had rested for a day use the tuning key and the tuner coming with the instrument to tune it.**

## The tuning process

**Please notice that you only need to move the tuning key slightly, one degree at a time to change the note.**

**For example half a turn of the tuning key will move the tone up several notes and that could even cause the string to break.**

The setting for the tuner can be between 440 -432 Hertz (Hz). Use 432 Hz for a natural harmonic tone. If you are playing this instrument together with other kind of traditional instruments use 440 Hz to be compatible. You find more information about this topic in the internet.



### First tuning:

This example assumes you are tuning the instrument to C.

Put the tuning key onto the first peg, plug the string and look at the tuner (Which you have turned on and set to 432 or 440Hz).

-> displayed tone is C and the needle is left from the center or displayed tone is even a deeper note (A# / B)

= the tone is too low, **you need to tighten the string**

--> to tune to a higher pitch you have to move the tuner **clockwise** ↻

-> displayed tone is C and the needle right from the center or displayed tone is even a higher note (C# / D)

= the tone is too high, **you need to loosen the string.**

--> to lower the pitch you have to turn the tuner **counterclockwise** ↻

Just relax and listen to the sound and you will get into it quickly.

**The string is tuned correctly when the needle of the tuner is in the middle and the green LED (b) is on.**

**Tip 1: If you didn't meet the tone exactly, loosen the string a little bit and start it again.**

**Tip 2: Try to match the exact tone with a slow and smooth turn of the tuning key.**

Continue to tune the other strings. Because the pegs are on the right and on the left side, it might be easier to tune the pegs on one side, then turn the instrument around and tune the other side.

### Second tuning:

We recommend a proper tuning every day for at least two weeks. Don't worry if you don't have time every day, even if you tune every other day it just takes a little bit longer for the instrument to stabilize.

After this period the tone will be stable for a long time and even under changed conditions. Perhaps you think that tuning is a lot of work. But this procedure helps you to connect to the instrument, to hear the right tone, the overtones and other sound phenomena.

**If you use sound in pedagogic or therapeutic settings, you can use the event of tuning as a kind of awareness test.**

**For a clear, overtone rich sound, a proper tuning is very important!**

## How to replace a broken string

If a string is broken, first remove the string completely. Look at the other strings of the same type: how often are they twisted around the pegs? **Please turn the peg of the broken string counterclockwise just as often!**

If you don't do this the peg will be pushed deeper and deeper in the wood during the tuning process and either the peg will break or the wood will split.

Now align the peg, so the hole in the peg should point toward the string side.



1.) Take the new string, put it on the nail and then pull the string through the peg hole on the other side of the instrument.

2.) Take 1/2 inch of the end of the string and bend it down at a 90 degree angle, using your fingers or a small pliers. Then pull the string back so the bent down piece of the string points downwards at the peg. You want the first two windings of the string to go over the bent down piece of string. If this sounds confusing just look at the other pegs which already have strings on them so you see the end result.

3.) Start to turn the tuning key clockwise to slightly tighten the string. Guide the string so that the first two windings of the strings will be over the bent down end of the string the next ones below that.

4.) Before tightening the string make sure that the string is in the right position.

Now you can start the tuning process (see „**the tuning process**“).

**Important only use the original strings as they are custom made to fit the instrument.**

## Check out our videos on YouTube at the feltone products channel!

Here you will find more information

- about our instruments,
- examples how to play them
- tuning tips and more!

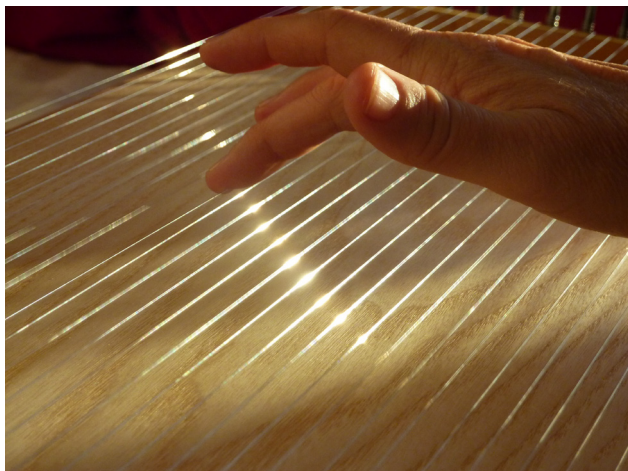
[www.tinyurl.com/feltone](http://www.tinyurl.com/feltone)

or [www.youtube.com/channel/UCVsN6xeKSfgwZODzRAMt38g](https://www.youtube.com/channel/UCVsN6xeKSfgwZODzRAMt38g)



## How to play - introduction

If you use your finger and move it in an evenly, steady and calm rhythm across the strings you will create a sound space that allows your client to unwind and move into a relaxed state. By using both hands you can create a 'flying' sound carpet` by making sure one hand alternates with the other while you move over the strings from one side to the other creating a continuous sound.



### Less is more!

Invite variations.

Intuitively you will change the direction you are playing or the position on the string. Strum all 40 strings by moving your hands on an imaginary line across the string or play just a couple of strings.

Be attentive. Follow the movement of your hands and listen to the sound you are creating while you are sitting or standing behind the chair. *monchair* is effective in a play time of 5-15 minutes, depending on the needs of the client.

It is easy to play *monchair* with the tambura tuning. If you string the strings evenly with your fingers you will create overtones which have rich harmonics. The tunes D d d A repeat 10 times in the 40 strings creating a rich sound environment. It embraces and holds you in a relaxing environment without any prior training. *monchair* with tambura tunings is great for places where the chair is exposed to new people all the time, who want to play and enjoy the Singing Chair with each other. Great to use in settings like offices, hotels, wellness and care facilities.

*monchair* with the monochord tuning allows you to create a more nuanced play. The strings are tuned to D and the higher octave d. This allows the player more creative possibilities to excite the many finer and subtle overtones. You can vary the pitches and focus on the deeper tones in D which have more vibration or string d to create more overtones.

## Why we offer feltone monochord trainings and workshops

Our hands-on workshops will give you the opportunity to play, experience, and learn more about the feltone monochords and our different sound furnitures

from the smaller Monolini / Monlina Therapy monochords, the larger concert and mediation monochords and the Soundwave and Monochord table.

While these instruments are completely intuitive and require no prior musical knowledge or ability to play, specific techniques are offered in this training that will deeply improve your ability to play the instruments with beauty, ease, and a variety of colors, as well as to evoke the elements of nature and to hold a deeply meditative space when playing for others.

All of these techniques can be used for sound massage, group meditation sessions, to accompany singing and voice work, or to enhance any kind of hands-on healing work from acupuncture to massage therapy.

We are offering a variety of trainings from a one-day introduction to the monochord to a 4 day training to deepen your work. Contact us for more details.

[www.feltone.com/Seminare\\_Startseite.html](http://www.feltone.com/Seminare_Startseite.html)

[www.feltoneusa.com](http://www.feltoneusa.com)



## Care and warranty instructions

monchair is designed for indoor use only. A climate with even temperature and humidity will help any string instrument to stay in tune for longer periods of time. Exposing the wood to direct sunlight for extended times might result in discoloring of the wood.

### Wood cleaning

You can use any wood furniture cleaner that is appropriate for wood surfaces treated with hardwax oil. Use a soft cloth and dampen it slightly with the cleaner. Do not leave moisture or drops on the wood surface as this might create stains.

### Strings

It is normal for strings to tarnish and that does not affect their sound or durability and becomes the normal patina of the instrument. You can slow down the tarnishing process by making sure to wash your hands before playing or wipe down the strings after playing with for example a fast-fret string cleaner.

### Upholstery „antique“:

made out of 100% top quality robust polyester.

You can use a soft and damp rag to clean the cover. Make sure the cover is completely dry before sitting on the chair again to avoid folds or pressure marks. In addition you can use your vacuum with the upholstery cleaning attachments or a soft brush on the dry covers.

If an accident happens and you have a stain it is better to deal with the stain while it is fresh and not dried in. You can make a solution out of lukewarm water and mild soap and use a spray bottle for application. Try to avoid harsh chemicals and if in doubt check in with a local cleaner expert and test the chemicals in a hidden area.

Avoid to rub or scrape the cover surface as this could result in discoloration.

If there is any foam left use a soft rag to wipe it off and reapply water, repeat this till you can be sure you completely removed the cleaning agents. Avoid soaking the chair covers to keep the padding of the chair dry.

### Synthetic Leather.

You can use a soft and damp rag to clean the cover.

If an accident happens and you have a stain it is better to deal with the stain while it is fresh and not dried in. You can make a solution out of lukewarm water and mild soap and use a spray bottle for application. Try to avoid harsh chemicals and if in doubt check in with a local cleaner expert and test the chemicals in a hidden area.

Avoid to rub or scrape the cover surface as this could result in discoloration.

If there is any foam left use a soft rag to wipe it off, rinse with water and repeat this till you can be sure you completely removed the cleaning agents.

**Please note that our warranty is voided, if you don't follow the care instructions.**

## Feedback

We love to hear back from you about your experiences, suggestions or comments while working with our instruments.

You can email us at: [info@feltone.com](mailto:info@feltone.com)

Customers from the United States please contact: [gabriele@feltoneusa.com](mailto:gabriele@feltoneusa.com)