

PRANA MUDRA CENTER DESTIN FLORIDA **SOUND HEALER 12 HOURS CERTIFICATION**

My Sound Healer Train program is a total of six hours with a minimum of two hours per session. The classes can be spread for one up to three months depending on schedule agreed.

My training path follows some of the teachings learned from my teacher **Don Conreaux** aka Guru Jagat, one of the five original Kundalini Yoga Teachers designated by Yogi Bhajan in 1969.

Sessions are normally individual but two students can join in and share the space. After our first conference call, I will be able to further customize the program accordingly to your background and level of knowledge of the Sound Healing experience.

Tuition for one student

6 payments	pay per class \$120	\$720
2 payments of \$300 done in 2 months		\$600

Required 40% deposit to secure registration and receive class schedule dates and times.

Cancellation policy is allowed 3 weeks before training start date full deposit reimbursement or after that only 30% of deposit will be reimburse

Program :

- You will learn the fundamentals and advanced techniques for Healing with Sound
- You will understand the origins and principles of Sound Healing
- You will be truly transformed in this soul-aligned journey of sound healing and heart-centred expansion
- You'll be able have an understanding of energy and chakra blockages and how to clear them
- You will learn how to singing bowls, gongs, tuning forks and other sound healing instruments
- I will help you increase your confidence and skill with holding space for 1:2:1 & group sound sessions
- Learn how to set-up live sound baths and will receive all the knowledge and tools needed to set up your own sound healing practice
- Join a beautiful group of like-minded souls in our exclusive online community of healers

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Session 1

- Experience Inner sound healing on a massage table - session duration 45m . Introduction to the Chakra Crystal Bowls meaning of chakras in yogi meditation, structured guided playing; types of mallets and how to hold them. Guided Practice time Q & A

Session 2

- Continue practical learning about crystal bowls and intro to chimes and types used in the sound journey. Experience and handle tuning forks understand meaning of hertz frequency. Practice time putting it all together and develop an inner sound session for a client. Q & A

Session 3

Tibetan bowls- placement on the body and in the sound bath - learn about the Kundalini energy and intro to gongs
Gong toning, mallets & flumies. Guided Practice time. Q & A

Session 4

Learning the gongs .Strokes and walking gong strokes. Finding the sweet spot,Gang rules & consciousness. Intuitively feeling your needs knowing your client. Guided Practice Time Q & A

Session 5

The introduction to the Shurti Box
Bija Mantras and Meditation. Incorporate all knowledge together and be able to develop a Sound Journey. Discussion about how to develop your own identity as sound healer and create business opportunities. Detailed Info on what instruments to buy and from what suppliers that will allow you to build your Sound Bath - Guided practice time Q & A

Session 6

The universal greeting as taught by Don. Guided Practice time
Schedule and offer at Prana Mudra Center Studio your Sound journey to family and friends or inner sound healing to a friend or couple of your choice.

