

My “Sound Healer Train program” is a total of six hours sessions with a minimum of two hours per session.

Classes can be spread for one up to three months depending on schedule agreed.

Sessions are normally individual but two students can join in and share the space. TBD

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.

Total Cost \$690 Deposit \$260 Balance \$390

Tuition *for one student* – Deposit \$260 and Balance is paid within one month of start date of classes.

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

Cancellation policy :

3 weeks before train start date - full deposit reimbursement

After that - 30% of deposit will be reimbursed.

PROGRAM - 6 sessions , 2 hours each

Session 1

Experience a “Inner Sound Healing” on a massage table - session duration 45m
Introduction to the Chakra Crystal Bowls :
Meaning of each of the 7 Chakras in Yogi Sound Meditation and guided playing , single and combinaton vibrational tones; Types of mallets and ways to hold them

Practice time

Session 2

Continue practical learning about playing Crystal Bowls. Intro to chimes and what are types used during a sound journey . Experience and and learn technically how to handle tuning forks , understand the meaning of hertz frequencies and how to combine them harmoniously when using on clients.

Pratice time

Session 3

Tibetan bowls, different types and sizes. How to play and placement on the body for inner sound therapies accordingly to chakras points and mallets are used . Practice time putting all together. Create your template plan and execute an private “Inner Sound Healing “session on a person lying in a massage bed.

Practice time

Session 4

Learning the gongs: Kundalini meaning Gong toning, mallets & flumies Strokes and walking gong strokes Finding the sweet spot Gong rules & consciousness Intuitively feeling your needs knowing your client

Practice Time

Session 5

The introduction to the Shurti Box Bija mantras and meditation Discover other instruments : Ocean Drums ; Kalimba; Koshi Chimes. Incorporate all learned together to develop a Sound Journey offer for a studio or corporate wellness setting ; Discussion about business opportunities; Guidance on what instruments to

buy, Sound harmonies and balance to look forward when you start building your Sound Bath.

Sell your sound bath workshop on line to an audience : research theme on line & get inspired (do you planets in connection with sound bath?) /create workshop content/ text and a pitch / create an flyer (intro to adobe spark ap) /create a Facebook event / instagram post /Connect to friends and family and Facebook Groups / Instagram business account Also we will promote you on our on social media

Practice time

Session 6

The Universal Greeting as learned from Don Contreaux Guru Gong Master

Practice time

Offer a Prana Mudra a Sound Journey Session to offer to family and friends or clients or a Inner Sound Healing Certificate