



## *The Way of the Gong Practitioner Training*



There is a rapidly growing interest in the application of the gong in sound therapy. Gong baths are springing up all over the world, which is fantastic! Are you interested in the gong? Have you experienced its magic and mystery at a gong bath, and are curious to learn more? Are you perhaps interested in getting a gong yourself, but do not know where to start? It's a big decision, and potentially a big investment, in which it's easy to regret making an uninformed choice.

This weekend in-person highly practical and informative course has been designed especially for you! With a maximum of 8 participants, you will experience an intimate blended learning environment of knowledge-sharing and demonstration, as well as practical sessions, working in pairs in a supportive and compassionate atmosphere.

As a qualified Lifelong Learning Tutor with 18 years of sound healing experience, I foster a safe and supportive atmosphere in which I equip you with a solid foundation of theory and practice in The Way of the Gong. The workshop is well structured and also highly experiential – you will get to play on a variety of the best quality gongs available.

**Workshop content** includes the following:

- The gong – history and how gongs are made;
- Don Conreaux – the Grand Gong Master;
- What is sound therapy, and how does it work?
- Gong consciousness – setting our intention;
- Application of the gong to sound therapy – one-to-one treatment;
- The basic strokes;
- The hand-held gong; techniques;
- Introducing other instruments; chimes, Himalayan singing bowls, the shruti box, conch shells;
- The gong bath – creating beauty through sound;
- Choosing a gong, and where to buy;
- Flumies – how to play with friction mallets;
- Other equipment – stands, mallets, bags;
- Cleaning and care for your gong.

You will also receive a comprehensive, professionally printed and bound training manual covering many aspects of the gong, learning objectives & session plans, a light lunch on both days, and an Attendance Certificate which you can use for CPD points, should your professional body require this.

**Venue:** East Dean Village Hall, near Chichester, West Sussex – PO18 0JG.

What3words: <https://w3w.co/recap.adopt.cosmic>

**When:** Please check my Events page or Instagram for available dates. This training is also offered on a 1-2-1 basis from my peaceful home in East Dean, a beautiful village in the South Downs National Park, West Sussex.

Please note, this course is non-residential. Luxury accommodation is available at the [Star and Garter Inn](#), a 1-minute walk from the venue, and I am often able to secure a preferential rate on your behalf.

**Investment:** Your investment for the weekend training in a group setting is £300, or £400 for 1-2-1 training.

**Practitioner Status:** As an optional extra should you wish to achieve certified Practitioner status, allowing you to include this healing modality in your professional practice, a supplementary fee of £100 is requested to cover assessment and feedback on 12 written case studies, ongoing mentoring throughout that process, and a Practitioner Certificate on completion. This will enable you to obtain professional insurance and Practitioner membership of the Complementary Medical Association. This decision can be made at any time after the training.

**Membership of Professional Bodies & Professional Insurance:** The Complementary Medical Association is the world's leading and most highly respected professional Membership Association for practitioners & training providers in the field of Complementary Medicine & Natural Healthcare. I am proud to support its work through my total commitment to ethics and excellence. I encourage you to join, there are many benefits, and it supports our voice globally as holistic practitioners. The CMA also makes available via Balens a very competitive rate for professional insurance. On completion of your optional case study work for this course and issuing of your Practitioner certificate, you will be able to obtain professional insurance. Other insurers are also available.

**Course Accreditation and Continuous Professional Development:** I have been involved in teaching and training for over 30 years. I am a qualified Lifelong Learning tutor (City & Guilds Level 4 PTLLS), a registered practitioner member of the College of Sound Healing and the Complementary Medical Association, hold an enhanced Criminal Records Bureau Disclosure for working with young people, and am First Aid qualified. I have a professional diploma in Sound Therapy and also hold professional insurance for my workshops & sound therapy work. I have trained in the gong with the Gong Grandmaster, Don Conreaux.

**Previous experience:** I have designed this course to be suitable for all, including complete beginners with no experience of sound therapy or gongs. If you do have previous experience, this course will still help you to anchor that which you already know, and give you a new perspective on the application of the gong in the field of sound therapy.

**What to bring:** Please wear comfortable and loose-fitting clothing, it is important to be able to move freely when playing the gong. Your printed manual will be provided at the start of the workshop, but a pen and notebook would also be useful.

All refreshments, including a light lunch on both days, will be provided. Please let me know if you have any specific dietary requirements.

A 50% deposit is lovingly requested by bank transfer to secure your place. Please contact me by email at [pat@eaglespiritdrums.co.uk](mailto:pat@eaglespiritdrums.co.uk) or by WhatsApp if preferred on 07821 503716 and I will provide you with bank details.

With love & gratitude,

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