



# IN/TO SOUND

30HRS SOUND HEALING TRAINING

**SCHEDULE**

# DAY 1

## **8:00 OPENING CEREMONY/SOUND MEDITATION**

## **8:45 INTRODUCTION TO SOUND HEALING**

Purpose & history, foundations & developments, traditions & modern sound healing

## **9:45 SOUND HEALING INSTRUMENTS 1 | THEORY**

Understanding singing bowls, gongs and idiophonic instruments: tuning, mallets and variations on material composition.

## **10:30 TEA BREAK**

## **10:45 VIBRATIONS, SOUND AND ENERGY WORK:**

Healing. Interconnection of Tibetan/Vedic traditions, spirituality and science, visible and invisible.

## **12:00 LUNCH BREAK**

## **14:00 MUSIC KNOWLEDGE FOR SOUND HEALING:**

Notes, intervals, scales, octaves, harmonics and overtones.

## **15:00 HANDS ON INSTRUMENTS | SELF HEALING PRACTICE**

## **16:00. SOUND HEALING INSTRUMENTS 2 |**

Basic to advanced techniques for hitting and rimming

## **18:00. DINNER BREAK**

## **20:00. SELF STUDIES, RECAP AND HOMEWORK**

# DAY 2

**8:00 YOGA CLASS**

**9:00 THE PHYSICS OF SOUND HEALING**

Understanding sound waves, frequencies, amplitude, cymatics, resonance and entrainment.

**10:15 SOUND MEDITATION**

**10:30 TEA BREAK**

**10:45 LEADING A PRIVATE SESSION 1 | THEORY**

**12:30 LUNCH BREAK**

**14:00 VOICE PRACTICES**

**14:15 ANATOMY OF SOUND HEALING**

Chakra, gland and body organs/systems. Brainwaves and nervous system.

**15:30. LEADING A PRIVATE SESSION 2 | PRACTICE**

**17:30. SOUND MEDITATION**

**18:00. DINNER BREAK**

**20:00. SELF STUDIES, RECAP AND HOMEWORK**

# DAY 3

**8:00 YOGA CLASS**

**9:00 SHORT SOUND HEALING**

Combinations for yoga, yin, savasana, therapies and ceremonies.

**10:30. TEA BREAK**

**10:45 LEADING A GROUP SESSION 1 | THEORY**

**12:00 LUNCH BREAK**

**14:00 SOUND MEDITATION**

**14:30 FACILITATION TOOLS AND COMMON MISTAKES**

**16:00. LEADING A GROUP SESSION 2 | PRACTICE**

**18:00. DINNER BREAK**

**20:00. SELF STUDIES, RECAP AND HOMEWORK**

# DAY 4

**8:00 YOGA CLASS**

**9:00 SOUND MEDITATION**

**10:00 VOICE EXPLORATION**

**10:30. TEA BREAK**

**10:45 STRUCTURES EXERCISE | PRACTICE**

**12:30 LUNCH BREAK**

**14:00 SERVICE, PROFESSION, MARKETING AND ETHICS**

**14:30 PREPARING THE FINAL SESSION**

**16:00. MEDITATION AND YIN YOGA**

**17:00. TEA BREAK**

**18:30. PUBLIC FINAL SESSION/**

**20:00 CERTIFICATES / CLOSING CEREMONY**

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