

Sound Healing Workshop Outline

This workshop will explore the basics of sound healing, including its history, science, and different applications. Students will learn about the different types of sound healing instruments and practices, and how to use them to promote relaxation, healing, and overall well-being. Sound healing tools will be demonstrated using willing participants. The course would be suitable for anyone interested in learning about sound healing. No prior experience is required.

Introduction to Sound Healing

- What is sound healing?
- History of sound healing
- Different types of sound healing
- Benefits of sound healing
- The science of sound Healing

The Energetic Body

- Your body is electric
- The Meridians
- How Kinesiology aids healing
- How sound and vibration affect our energy

Sound Healing - Physical

- Pain treatment
- Sleep support
- Immunity support
- Body Tuners

Sound Healing - Mental & Emotional

- Brain Tuners
- How binaural beats work
- Balancing and relaxing the mind
- Relieving trauma (current and past lives)
- Sound healing for stress and anxiety
- Sound healing for pain relief
- Sound healing for sleep problems
- Sound healing for emotional healing

- Sound healing for spiritual growth