

MELODY'S SOUND HEALING LEVEL ONE PRACTITIONER COURSE

Course Outline

Module 1: Introduction to Sound Healing

- ♥ What is sound healing?
- ♥ History of sound healing
- ♥ The science behind sound healing
- ♥ Benefits of sound healing
- ♥ Importance of environment in sound healing

Module 2: The Fundamentals of Tibetan Singing Bowls

- ♥ Origins and types of Tibetan singing bowls
- ♥ Metal composition and its impact on sound
- ♥ Playing techniques for Tibetan singing bowls
- ♥ Applications of Tibetan singing bowls in sound healing

Module 3: Exploring Crystal Bowls and Tuning Forks

- ♥ Introduction to crystal bowls and their unique properties
- ♥ Different types of crystal bowls and their sounds
- ♥ Playing techniques for crystal bowls
- ♥ Introduction to tuning forks and their uses in sound healing
- ♥ Applications of tuning forks in sound healing

Module 4: Creating Your Sound Healing Practise

- ♥ Selecting the suitable instruments for your needs
- ♥ Creating a sound healing session: Discuss factors like creating a calming environment, setting intentions, and guiding participants.
- ♥ Integrating sound healing into other healing modalities

Conclusion
