

SOUND HEALING PRACTITIONER TRAINING

with Neli Merris



Vibrational Sound Healing
WORKING WITH INDIVIDUALS

ABOUT NELI

With over a decade of expertise in Sound Healing Therapy, Vibroacoustic Massage, Energy Healing, and Yoga, Neli brings a wealth of knowledge and passion to guide you through the profound realms of sound.

Neli's commitment to recognizing the uniqueness of each individual forms the foundation of her training approach. As a seasoned Yoga Teacher, Breathwork & Movement Facilitator, Light Therapist and a Mindset Coach, she seamlessly integrates diverse modalities to create an enriching learning experience.

Driven by a desire to elevate the power of sound for healing, Neli has undergone extensive training, mastering various instruments like Tibetan singing bowls, Tibetan vibrational bowls, Tuning Forks, Crystal Bowls, Gongs, Drums, Chimes, Rainmakers and more. This curated selection empowers her to craft deeply transformative soundscapes that leave a lasting positive impact.

Offering Private, Group, and Corporate Sound Healing Sessions, Ceremonies, Workshops, Events, Spiritual Retreats, Coaching and Trainings, Neli invites others to explore transformative experiences through the power of sound.



SOUND
THERAPY

TRAINING CURRICULUM

16 HOURS

VIBRATIONAL SOUND HEALING PRACTITIONER CERTIFICATION

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Objective: The goal is to enable the effective conduct of both personal and professional Vibrational Sound Healing sessions, utilizing Vibro-acoustic and Chakra Balancing Techniques with tools such as Tibetan Vibrational Bowls, Tibetan Singing Bowls and Tuning Forks. This includes leading Guided Meditation, Breathwork, and Relaxation practices when working with individuals on One-to-One basis.

Additionally, the program aims to teach participants how to seamlessly integrate Sound Therapy into existing Yoga, Massage, or Beauty Practices and equip them with knowledge of business strategies that can generate revenue in this domain.

VIBRATIONAL SOUND HEALING PRACTITIONER

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- 1. History & Theory of Sound:** An exploration of the origins and principles behind sound therapy.
- 2. Cymatics:** Understanding the sacred geometry formed by sound.
- 3. Physical Effects of Sound & Vibration:** Studying how sound and vibration impact the nervous system, Vagus nerve, cellular responses, and brainwaves.
- 4. Use of Sound & Vibration in Meditation and Therapy:** Learning how sound can enhance meditation practices and be used therapeutically.
- 5. Vibrational Tibetan Bowls Techniques for Vibro-acoustic Massage:**
 - a. Self-Practice:** Techniques for personal use.
 - b. Practice on Others:** Applying techniques on the front and back body, including specific areas like the chest, abdomen, arms, hands, legs, back, glutes, and feet.
- 6. Weighted Tuning Forks Techniques for Vibro-acoustic Massage:** Learning how to use tuning forks in sound therapy.
- 7. Seated Vibro-acoustic Massage:** Focusing on the neck, shoulders, and upper back.
- 8. Use of Sound in Working with Chakras:** Techniques for incorporating sound therapy in chakra work.
- 9. Tibetan Singing Bowls for Relaxation and Chakra Balancing:**
 - a. Techniques for positioning 7 bowls around the body and the sequence of playing the bowls.**
- 10. Using Other Sound Healing Instruments:** Introduction to instruments like tingsha and chimes.
- 11. Guided Meditation & Relaxation Techniques and Scripts:** Learning how to lead guided meditations and relaxation sessions.
- 12. Setting Up the Space:** Tips for creating an optimal environment for sound therapy sessions.
- 13. Aftercare:** Understanding post-session care for clients.

WHAT WILL YOU RECEIVE

You will be required to facilitate a Vibrational Sound Healing Session and answer various theory questions. Only after a successful completion, you will receive:

- Certificate for Vibrational Sound Healing Practitioner Accredited by Yoga Alliance International
- ongoing support from Neli
- full manual with techniques and practices
- special discounts on all events and future trainings run by Neli



CERTIFICATION

Registration

INVEST IN YOURSELF

2 Days Training

Total of 16 Hours

Investment: AED 1,500 plus VAT

For further enquiries and to book
Mob/Whatsapp: +971 50 211 1382



THANK YOU!