

SOUND THERAPY PRACTITIONER TRAINING

with Neli Merris



Group Sound Therapy Practitioner

ABOUT NELI

Neli (RYT500) is a passionate Sound Healing Therapist, Vibroacoustic Massage Specialist, Energy Healer, Yoga Teacher, Breathwork & Movement Facilitator, Light Therapist and a Holistic Health Coach.

She has been sharing her passion and gifts with her students for over a decade. Neli believes in the uniqueness of each individual and aims to inspire, guide and support her community live a happier, healthier, more harmonious life.

Sound therapy came into her life through the desire to bring the Yoga experience to the next level – the breathwork, movement and relaxation to become more deep, profound and impactful. She undertook a variety of extensive trainings and practices and currently uses various instruments such as Tibetan singing bowls, Tibetan vibrational bowls, Tuning Forks, Crystal Bowls, Gongs, Drums, Chimes, Crystal Pyramid and other therapeutic instruments to create deep healing journeys and long-lasting positive impact on her community.

Neli offers Private, Group and Corporate Sound Healing Sessions, Ceremonies, Workshops, Events, Spiritual Retreats and Trainings.



SOUND BATH

TRAINING CURRICULUM

LEVEL 2

GROUP SOUND THERAPY PRACTITIONER

Aim: To facilitate Professional Group and Private Sound Healing sessions using a variety of instruments such as Tibetan Singing Bowls, Crystal Bowls, Gongs, Chimes, Drums, Rainmakers and other therapeutic instruments. To learn how to compose and lead Guided Group Meditations, Ceremonies and other Transformational Experiences incorporating Sound Healing.

GROUP SOUND THERAPY PRACTITIONER

CURRICULUM

1. Sound Theory
2. How Sound Can Balance and Heal
3. What is a Sound Bath
4. Working with Tibetan Singing Bowls in a group setting for relaxation and Chakra Balancing:
 - Techniques for playing 7 or more Tibetan Bowls and sequence of playing the bowls.
5. Working with Crystal Bowls and Crystal Alchemy Bowls
 - Learning strokes, techniques, combinations and sequences for playing the bowls
6. Working with Gongs - using mallets and flumies, strokes and techniques
7. Working with other healing instruments: Drums, Chimes, Rain makers, Crystal Pyramid, Ocean Drum and others
8. Guided Meditation & Relaxation techniques and scripts
9. Setting up the space
10. Closing the space and Aftercare
11. Creating Ceremonies and other Sound Bath Experiences

A comprehensive training, learning how to use a variety of sound healing instruments in a group setting, all theory will be reviewed at the beginning of the training, a short recap with questions will follow to confirm understanding.

Final Group Sound Therapy Session to be completed for successful certification.

Total of 16 hours of training

WHAT WILL YOU RECEIVE

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

- Certificate for Group Sound Therapy Practitioner accredited by Yoga Alliance International
- ongoing support from Neli
- full manual with techniques and practices
- recorded guided sound healing journey
- special discounts on all events and future trainings run by Neli



CERTIFICATION

Registration

INVEST IN YOURSELF

The Group Sound Therapy Training will take place in
Dubai, Sustainable City

9 december 1:30pm - 9pm
10 december 10am - 7:30pm
Total of 16 Hours

Investment: AED 1,500 plus VAT

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



THANK YOU!