

# SOUND HEALING PRACTITIONER TRAINING

## 3-Day Comprehensive

---

with Neli Merris

---



---

Yoga Alliance Certified

---

# 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 OBJECTIVE

ONLINE

## COMPREHENSIVE SOUND HEALING PRACTITIONER TRAINING

The 3-Day Comprehensive Sound Healing Practitioner Training aims to provide a thorough understanding of sound healing, equipping participants with the skills to perform sessions for both individuals and groups. It covers techniques for using various instruments like Tibetan bowls, crystal bowls, gongs, and tuning forks, while also incorporating guided meditation and relaxation practices. The training ensures participants can effectively set up, conduct, and close a healing space with proper aftercare, blending both theoretical knowledge and hands-on experience for professional practice.

# COMPREHENSIVE SOUND HEALING PRACTITIONER TRAINING

## CURRICULUM

### Day 1: Vibrational Sound Healing for Individuals

Covers the history and theory of sound healing, including cymatics and the effects of sound on brainwaves, the nervous system, and overall well-being. Participants learn to use sound healing tools like tuning forks and Tibetan bowls for vibro-acoustic massage, chakra balancing, and guided relaxation, while exploring techniques for both self-care and working on others.

### Day 2: Group Sound Healing Techniques

Focuses on sound healing in group settings, including the theory behind sound baths, and practical methods for using instruments like Tibetan bowls, crystal bowls, and gongs. Participants learn how to set up group sessions, play multiple instruments, compose guided meditation scripts, and create a balanced environment for collective healing experiences.

### Day 3: Sound Healing Journeys and Ceremonies

Teaches how to design and lead sound healing journeys, incorporating various elements such as breathwork, meditation, and rituals. The day includes hands-on practice in creating transformational ceremonies using different sound healing tools, and guidance on closing sessions, aftercare, and receiving feedback.

# WHAT WILL YOU RECEIVE

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

- Certificate for Comprehensive Sound Healing Practitioner accredited by Yoga Alliance International with 24 Credit Hours
- 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

The In-Person Training takes place on the  
13th, 14th and 15th December 2024  
Sustainable City, Dubai

Total costs is AED 2,250, with an optional AED 250 for  
recorded videos and live stream access for ongoing  
learning

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



THANK YOU!