

Sound & Gong Bath training retreat - syllabus

- Introduction to Sound Therapy
- The Science behind the Sound
- Healing with sound and energy work
- Musicales scales and references 440, 432 and others
- Playing techniques, history, types of instruments and how they are made:
 - Tibetan Singing Bowls
 - Crystal Singing Bowls
 - Gongs
 - Drums
- The science behind sound therapy
- How to play instruments in a Sound Bath (with or without a Gong)
- How to play the Gong in a Gong Bath (mainly with Gongs)
- How to combine Sound instruments, in which order, how and why
- How to facilitate a Group Sound Bath from A to Z
- Dynamics of Group Facilitation
- Set up, storage, pack up, timing, room rental and marketing of the group sessions
- Health and Safety
- Musicality of sound
- How to use your intuition in a group setting
- How to be confident while holding the space for others