

# What You Will Learn

Join us in this full day interactive and fun class with Elizabeth Huxtable! For this class, there is no prior knowledge of music required. This introductory class is suitable for those wishing to learn techniques to heal themselves and others with sound and music. Also suitable for practitioners who wish to incorporate sound into their healing practices. In Level One, you will learn the following:

## **Understanding Theory :**

- How sound works as a therapy
- Harmonics and their importance for sound therapy
- Identifying the difference between calming and activating sounds and when to use them
- Sound and the chakra system
- Setting your sacred space

## **Learn Practical Techniques and Its Uses:**

- Crystal singing bowls - also, protecting the bowl from damage
- Zen bowls
- Elfen Harmonics Chakra Chimes
- Tuning forks

# Benefits to You

Sound is a powerful natural therapy. It can be used to:

- Lower blood pressure
- Slow heartbeat and breath rate
- Reduce stress hormones such as cortisol
- Boost immune response
- Slow brainwaves to increase creativity and relaxation
- Increase endorphin production ("feel good" hormones)
- Improve memory and learning
- Relieve pain, both acute and chronic
- Reduce anxiety and depression
- Improve sleep

Sound Therapy

# Sound

# Class Outline

**9.30AM**

Registration

**10.00AM**

Understanding Theory

**11.30AM: TEA BREAK**

**11.45AM:**

Demonstration of various sound tools

**1.00PM: LUNCH BREAK**

**2.00PM:**

Practical, working in small groups using sound tools

**3.30PM: TEA BREAK**

**3.45PM:**

More practical and hands on session

**4.30PM:**

Discussion and presentation of Certificates of attendance

**5.00PM: END**

Sound Therapy

# Therapy