

## Workshop Outline for Sound and vibrational healing

Sound and vibration are used to create a healing environment for your body, mind, and soul, assisting in pain management and relaxation. You will learn how to use sound and vibration as an addition to your existing healing modality, utilising Tibetan singing bowls, chimes, crystal bowls, drums, and tuning forks.

## **INCLUDED**

Course notes

Discussion

Hands on practice using my instruments

 $\frac{1}{2}$  day

Cost \$100

All enquiries to louise@soulstruthhealing.com