



*Welcome to the
Sound Wellness Institute*



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ABOUT SOUND WELLNESS

The use of sound and music has been with us since the dawn of humanity.

SOUND WELLNESS is a holistic modality that uses techniques based on sound and music to bring your body, mind, emotions and spirit back into harmony.

SOUND WELLNESS incorporates the use of specific techniques - techniques that involve the use of sound healing and sound therapy, techniques that support the creation of health, harmony, wholeness and balance in peoples' lives. The methods used by Sound Wellness Practitioners connect with the body's innate ability to respond to sound and to heal.

SOUND WELLNESS is a form of complementary medicine. It is particularly effective when used with massage therapy, energy healing (reiki, therapeutic touch, etc), as a complement to traditional medical practice, or by itself. **SOUND WELLNESS** uses an array of sound tools including the voice, crystal and Tibetan singing bowls, tuning forks, and engineered music. Sessions incorporating **SOUND WELLNESS** offer extraordinary experiences.

WHY SOUND WELLNESS?

Even with the enormous advances in health care we have experienced over the past 100 years, people are suffering from more illness than they ever have. We believe that the future of health, wellness and healing belongs in the hands of our holistic healers and practitioners, as it has since ancient times.

SOUND WELLNESS was created to support this vision of holistic health. **SOUND WELLNESS** is a safe, effective way for people to create health, wholeness, balance and harmony in their life.

SOUND WELLNESS CERTIFIED!

SOUND WELLNESS PRACTITIONER CERTIFICATION was created to support holistic health practitioners. Certification is for practitioners who are looking for powerful tools to support their clients' well-being to the fullest – tools that complement their own talents, skills and gifts.

In Canada, and throughout much of the world, the fields of Sound Healing, Sound Therapy and the use of Specialized Music designed for healing have had no standardized training that offers certification at a level of verifiable competence. Until now!

SOUND WELLNESS PROGRAMS

Our certification programs are now fully credentialed by the Natural Health Practitioners of Canada Association. Those completing Level II Certification are eligible for membership with the NHPCA, and current members can earn credits for attending our programs.



FINANCIAL ASSISTANCE

If you are interested in expanding your skills and your practice by attending our programs, there may never be a better time.

Very recent changes in the Canada Job Grant program means that you are likely eligible for a grant that covers up to 2/3 (or more) of your tuition. Even if you are self-employed!

To qualify, you need to be either:

- ✓ self employed, with a business that has been provincially registered for at least one year, or
- ✓ an employee of a business that has been registered for at least one year.

Contact us for details. We can even help with your application.

PAYMENT PLANS:

We have always believed that if you are drawn to our programs, if you need to be there, we can find a way for that to happen.

Talk with us, and we will work with you to find a payment plan that works for both of us.

SOUND WELLNESS PROGRAMS

As we move through life, we first have to learn to crawl, then walk and run, and ultimately, when we find our passion, we soar!



We believe in creating a learning path that enables you to soar. Here's how.

We begin with our **LEVEL I PROGRAM**, the Fundamentals of Healing with Sound and Music. This 3 day event is highly experiential. You

will first learn how to *'LISTEN FROM THE INSIDE OUT'*[™]. You will then discover your unique responses to sound and music, and you will work with the sound tools, both for yourself, and with others.

This program is attended by those seeking self care solutions that support their health and well-being, and by practitioners who are looking for powerful tools to support their practice.

Practitioners can apply for certification as a ***LEVEL I SOUND WELLNESS PRACTITIONER***

We learn to walk, and even run with or ***LEVEL II PROGRAMS***. First is ***HARMONY FOR LIFE*** - a 4-day program where you deepen our relationship to sound and learn how to create a state of harmony, no matter what is happening around you. This is then followed by ***PRACTICAL METHODS FOR PRACTITIONERS***. Share what you have learned with those closest to you, and those who need it most – a client, a family member or someone that you care for. This program is highly experiential, where you work with each other.

As a practitioner, integrating sound and music with your primary modality gives a powerful healing session. Use these powerful tools with confidence.

Following completion of these two courses, you can apply for certification as a ***LEVEL II SOUND WELLNESS PRACTITIONER***

Now it's time to Soar!

The ***ADVANCED METHODS FOR PRACTITIONERS*** making up our ***LEVEL III PROGRAM*** has been created for you – to advance your skills in areas that match your interests. And your goals!

It was created in two parts: required core courses and courses of specialization.

This is where you can explore your passions by diving into areas that are of specific interest to you. Programs like Sound Wellness for Animals, or Mystic Sound.

Certification in your area of specialty is also available.

PROGRAM DELIVERY:

With very few exceptions, our programs are offered in person, in Calgary, Alberta. In person experience is always preferred - you gain direct experience with the sound tools, and you can feel the physicality of the sound.

SOUND WELLNESS PROGRAMS

We understand though that not everyone can attend in person. Health restrictions placed on gatherings in the past have prevented in-person training, as they may again. All of our programs are simulcast by live-stream video on-line for those who are unable to attend in-person. We have discovered that many of the experiences are just as effective on-line as they are in person.

ONGOING SUPPORT

Participants in the Certification Program are never alone! We do not abandon our students when the training is complete.

You will be invited to participate in monthly **PRACTITIONER MENTORING CALLS** where you can get your questions answered. And where you can share your experiences with other practitioners.

You will also be invited to join in our '**SOUND SHARES**' where we offer specific training on a variety of topics from "Offering a Sound Bath" to 'Sound Recording" to "Incorporating Sound Wellness with other Modalities".

You will also be offered preferential access to the trainers. When things come up, or you need some guidance with a client, we're here for you by email, text, and often by phone.

There are no additional fees for support. We believe that when you invest in programs at the Sound Wellness Institute, our commitment to you doesn't end when the course is completed.

LET'S GET STARTED!

SOUND WELLNESS LEVEL I

SW-110: FUNDAMENTALS OF HEALING WITH SOUND AND MUSIC. (3 DAYS)

Whether you are searching for ways to support your own self care, or you are a practitioner looking for additional tools to complement your gifts so that your clients receive a more powerful healing session, the Fundamentals of Healing with Sound and Music is the place to start.

Here, you will discover the four elements of Sound Wellness:

- Recorded music.
- Sound Tools.
 - *Himalayan and crystal singing bowls*
 - *tuning forks*
 - *tingshas, gongs, and song pods*

- Using your voice - the most powerful sound tool there is!
- You are unique!

Perhaps the last point is the most important - we are all different in our likes and dislikes, and our needs. The Fundamentals program teaches a variety of methods, so everyone leaves with powerful tools that will work for them.

Prerequisite: none

SOUND WELLNESS LEVEL II

SW-210: HARMONY FOR LIFE (4 DAYS)

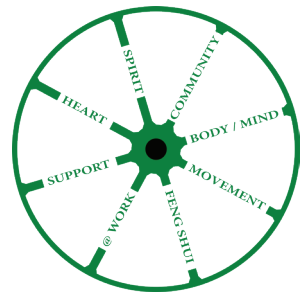
SOUND WELLNESS FUNDAMENTALS offered you tools to handle the difficult moments that crop up during the day.

SOUND WELLNESS: HARMONY FOR LIFE is a 4 day program that creates a state of harmony where the moments no longer matter.

SOUND WELLNESS HARMONY FOR LIFE offers a deeper understanding of your harmony, and your ability to work with harmony.

Harmony for Life is a highly experiential course that offers a deeper understanding, experience and integration of harmony and the student's ability to work with it in all eight areas of the **SOUND WELLNESS HARMONY WHEEL**.

- **SOUND COMMUNITY**, how sound and music contributes to community.
- **SOUND BODY/SOUND MIND**, practices to strengthen the body/mind connection.
- **SOUND MOVEMENT**, experiencing how specific movements support health and harmony.
- **SOUND FENG SHUI**, where students practice sensing negative energy and how to clear space with sound.
- **SOUND WELLNESS @ WORK**, how to create a work environment conducive to productivity and harmony.
- **SOUND SUPPORT**, using the experience of sound, mantra and gratitude to enhance frequencies of abundance.
- **SOUND HEART**, where we explore the physical systems of the heart, how the heart communicates, energizing the heart, and toning with a partner.



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- **SOUND SPIRIT**, where each student is guided to find their soul's frequency which is recorded and given to each student.

Prerequisite: SW-110 Fundamentals of Healing with Sound and Music

SW-220: PRACTICAL METHODS FOR PRACTITIONERS (5 DAYS)

PRACTICAL METHODS FOR PRACTITIONERS is five full days of practicing with others, plus three evening pre-classes to prepare for our work together.

- ✓ Practice using your voice for lasting healing.
- ✓ Discover how technology can be used to analyze your voice, revealing secrets long forgotten.
- ✓ Practice with the Tibetan Bowls, And the Crystal Bowls. The gongs, and more.
- ✓ Expand your skills with the tuning forks, working with sets intended to balance the chakras, and bring harmony to your day.

Working in groups of 3 – a giver (*practitioner*), a receiver (*client*), and an observer, you'll become fluent with these powerful tools. And gain confidence in using them with others.

Prerequisite: SW-110 Fundamentals of Healing with Sound and Music

SW-290: BUSINESS OF BUSINESS (4 DAYS)

Most business owners simply don't know how to make their business successful.

We believe that every practitioner deserves to be successful, and so we offer the Business of Business as our gift to those registered in the complete Level II program.

- ✓ Identify your WHY! Why are you a practitioner? Without a powerful WHY, success is unlikely. This is the keystone upon which your entire business rests.
- ✓ Discover who your clients really are so that you marketing is much more effective.
- ✓ Create a framework for a simplified business plan and marketing plan. We'll lay the foundation for your road map to achieve your goals.
- ✓ Work on getting your message out, so that you STAND OUT!
- ✓ Make it easy for new clients can find you.

By the end of our time together, you'll know what you need to do to achieve your goals. If you truly believe that you are here to support

others, then you must also believe that you have a social responsibility to do so. The world needs you, and your gifts.

Prerequisite: none

SOUND WELLNESS LEVEL III

ADVANCED METHODS FOR PRACTITIONERS

To qualify for Level III certification, you must complete the three core courses, and any two courses of specialization.

In addition, applicants must have completed Emergency First Aid with CPR A and AED. First Aid courses may be taken through the Canadian Red Cross, St. John Ambulance, or other accredited trainers.

Once Level III certification is achieved, additional courses of specialization may be taken.

CORE COURSES

A SPECIAL NOTE ABOUT THE CORE COURSES:

*Most of the courses offered in Level III require you to have completed our Level II courses This is **not** the case for the 3 core courses.*

The core courses offer important knowledge for all practitioners They were created to provide a basic knowledge of physical and energetic anatomy, and to offer an overview of safety considerations when working with clients.

Because of their importance, you need only to have completed SW-110 Fundamentals of Healing with Sound and Music to participate in this training.

SW-301: SAFETY AND ETHICS I (1 DAY)

This program covers basic client safety, ethics and insurance. Sound is a powerful healer, but like all things, our responses are unique to us. Sound can also cause serious negative responses that must be managed. Sound can trigger a spontaneous kundalini activation, and though rare, it can trigger mental health issues in a client.

SAFETY AND ETHICS I will look at:

- Spontaneous Kundalini activation – what it is, how to recognize it, and how to support a client if this happens.
- How to recognize, and release negative energy and entities.
- Client safety, including cleanliness, safe and secure space, and insurance.

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- Sound Wellness Code of Ethics.

Prerequisite: SW-110 Fundamentals of Healing with Sound and Music

SW-311: ANATOMY AND PHYSIOLOGY I (2 DAYS)

(this course was developed for the Sound Wellness Institute by Joanne Neweduk RN)

It is important for holistic practitioners to have a basic knowledge of the human body and its systems and functions. This knowledge is helpful in finding out what may be at the root of an issue or complaint and in the application of the tools that are used on the body.

Anatomy and Physiology is a 2-day course covering the basics of human anatomy.

These major systems of the body will be covered in addition to cells, tissues and basic functions:

- Integumentary (skin, hair, nails).
- Skeletal System.
- Muscular System.
- Respiratory System.
- Cardiovascular / Circulatory System.
- Lymphatic and Immune Systems.
- Nervous System.
 - *central nervous system (CNS).*
 - *peripheral nervous system (PNS).*

Prerequisite: SW-110 Fundamentals of Healing with Sound and Music

SW-315: ENERGY ANATOMY I (2 DAYS)

Energy Anatomy is a 2-day course covering the meridian system and the human energy field or biofield.

This program will explore some of the science exploring the energetic systems of the human being.

We will also cover practical work and applications to bring harmony to the meridian systems and biofield.

- The **Zero Point Field**.
- The Biofield and Biofield science.
- Scientific basis of the meridian system and acupuncture.

- Components of the meridian system:
 - 12 major meridians,
 - micro-cosmic orbit,
 - extra-ordinary vessels (covered in greater depth in *Energy Anatomy II*,
 - Chinese organ clock.
- The individual meridians, including main acupuncture points:
 - beginning points.
 - end points.
 - release points.

Prerequisite: SW-110 Fundamentals of Healing with Sound and Music

COURSES OF SPECIALIZATION

In addition to the required courses, a minimum of two (2) Courses of Specialization totaling at least 3 days of training are required to meet the requirements for Level III, Sound Wellness Practitioner.

SW-312: ANATOMY AND PHYSIOLOGY II (2 DAYS)

(this course was developed for the Sound Wellness Institute by Joanne Neweduk RN)

Anatomy and Physiology II is a continuation of what you learned in Anatomy and Physiology I.

We will explore the following:

- Nervous System.
- Digestive and Excretory System.
- Urinary System.
- Endocrine System.
- Reproductive System.

Prerequisite: SW-311 Anatomy and Physiology I

SW-316: ENERGY ANATOMY II (1 DAY)

This 1-day course focuses on the 8 extraordinary vessels.

We will also cover practical work and practice applications with tuning forks on the 8 extraordinary vessels.

Prerequisite: SW-315 Energy Anatomy I

SW-321: HIMALAYAN SINGING BOWLS I (1 DAY)

Day 1 will look at the Tibetan Singing Bowls, covering practice and case studies with others. Study will include:

- Using the 7 bowl chakra set.
 - practice with chakra clearing and a Himalayan bowl sound bath

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- Practice on the body.
- Pain management.
- Stress management.

Prerequisite: SW-220 Practical Methods for Practitioners

SW-322: CRYSTAL SINGING BOWLS I (1 DAY)

will look at the Crystal Singing Bowls, covering practice with Alchemical singing bowls. Study will include:

- Properties and uses of alchemical bowls.
- Energetics of the bowls and how to choose an appropriate bowl for a specific result.
- Practice with the bowls.

Prerequisite: SW-220 Practical Methods for Practitioners

SW-325: TUNING FORKS I (2 DAYS)

This 2-day course continues your training with the other intervals from the Chakra Set and the Harmony set not covered in the Sound Wellness Practitioner program.

Additional intervals covered from the Harmony Tuning Fork set include the following intervals:

- The major and minor second.
- The minor third.
- The minor sixth.
- The minor seventh.
- The tritone (augmented fourth).

Additional planets and intervals covered from the Chakra set include the following intervals:

- Mercury – throat chakra fork.
- Venus – 3rd eye chakra fork.

Prerequisite: SW-220 Practical Methods for Practitioners

SW-326: TUNING FORKS II (2 DAYS)

This 2-day course covers content and practice with three other tuning fork sets.

We will work with the *Planetary* set and planetary archetypes.

We will also explore the *Fibonacci* set of forks and their applications.

We work with the *Triple Number* set connecting the energy of

number and sound. This set contains the frequencies 111Hz, 222 Hz, 333 Hz etc up to 999 Hz.

Prerequisite: SW-325 Tuning Forks i

SW-335: OTHER SOUND TOOLS 1 (2 DAYS)

This course covers theory and practice with other sound tools such as drums, gongs, didgeridoo, rattles, bells, tingshas, rainstick, etc.

Prerequisite: completed Level II courses

SW-341: AMPLIFYING THE VOICE 1 (2 DAYS)

Amplifying the Voice is a 2-day course where we deepen our connection to the power of the voice to stimulate release of blocks and stimulate healing.

We will cover the use and practice of the voice with amplification properties of crystals. Strategies in integrating the voice into private or group sessions will also be covered and ways to integrate the voice with other modalities.

Prerequisite: completed Level II courses

SW-361: MYSTICAL SOUND 1 (2 DAYS)

In the Sound Wellness Fundamentals program we learned that sound has the capacity to move matter.

In this 2-day course we dig deeper into the mystical traditions of sound as a creational force. We will explore Sound as one of the building blocks of matter along with the Fibonacci series, the Golden Ratio; the Harmonic Series and brainwave states. There will also be practice in how to use sound to stimulate a mystical experience.

Prerequisite: completed Level II courses

SW-381 ADVANCED SW METHODOLOGIES 1 (2 DAYS)

This 2-day course covers two main advanced methodologies.

The first is theory and practice on clearing, activating and connecting the Zeal Point chakra located at the base of the skull. As humanity evolves, this chakra is beginning to open and is creating symptoms in some people. This is a specialized series of 4 sessions.

The second advanced methodology is balancing the Assemblage Point. The Assemblage Point is the epicenter of the human biofield and the point around which the field is organized. Many of life's trauma and challenges can knock the Assemblage point off its center. When this happens our health and wellbeing is affected. Techniques

SOUND WELLNESS PROGRAMS

for re-centering the Assemblage Point have been handed down secretly from shaman to shaman for hundreds, if not, thousands of years. Sound is a powerful tool for centering and balancing the Assemblage Point to powerfully stimulate health and healing.

Prerequisite: completed Level II courses

SW-383: WORKING WITH SOUND AND LIGHT 1 (2 DAYS)

Sound and Light are intimately connected. When they are used together, they can create effective results than when they are used separately. We will explore the theory and practice in working with sound and light frequencies together.

Prerequisite: completed Level II courses

SW-385: SOUND WELLNESS FOR ANIMALS 1 (2 DAYS)

(co-developed with Carmen Hansen)

Sound Wellness for Animals is a 2-day course offering theory and practice of Sound Wellness tools and techniques with animals.

We will cover the following:

- locations of the chakras in dogs, cats, horses, and others.
- the high level of sensitivity of animals.
- what to look for when you assess an animal.
- how to communicate with an animal and asking permission.
- how to communicate with the animal's family and gather information about their concerns.
- list for the family on what to look for following the session.
- differences between animals and humans in how they view their issues.
- past lives with animals.
- healing with the healer as a surrogate.
- practice will cover the use of tuning forks, song pods, singing bowls, the voice, and other tools.

Prerequisite: completed Level II courses

STILL TO COME . . .

Most of the courses offered in Level III are at the suggestion of our participants.

If you have a suggestion for a course, we'd love to hear your ideas!

NEED SOME GUIDANCE?

Some of you already know that the Sound Wellness Fundamentals of Healing with Sound and Music is where you have to start. We would be honoured to welcome you to one of our events. You can register on-line by visiting soundwellness.com/fundamentals, or you may call us at 800.748.4082

CALL US

Many of you will have questions. Perhaps a lot of questions. If you are not sure if Sound Wellness is right for you, we urge you to book an appointment to talk with us. Together we'll discover if this is a good fit, and if it isn't, that's fine too. Sound Wellness isn't for everyone. We respect that, but let's be sure.

You can sign up at soundwellness.com/lets-talk/ or phone us at 800.748.4082 to schedule some time with us.

CONNECT THROUGH SOCIAL MEDIA:

Facebook: www.facebook.com/scarne1

LinkedIn: www.linkedin.com/in/sharoncarne/
www.linkedin.com/company/sound-wellness/

YouTube: www.youtube.com/c/soundwellness

Please contact us for further information on any of these courses.

by email: programs@soundwellness.com

by phone: 403.668.4085 / 800.748.4082

SCOPE OF PRACTICE

LEVEL I

Participants who successfully complete the requirements for certification as a **SOUND WELLNESS PRACTITIONER - LEVEL I**, will be certified to :

- ✓ Tune the sacred vowel sounds for the chakras with a client
- ✓ Perform a quick chakra tuneup with all the vowel sounds with a client
- ✓ Combine the vowel sounds to bring the qualities of one chakra to support another
- ✓ Tune a part of the body with the voice
- ✓ Use the voice for emotional healing as a facilitator
- ✓ Use the perfect 5th forks when listening.
- ✓ Use the perfect 5th forks to support a specific area of the body
- ✓ Use the perfect 5th forks in the field
- ✓ Use the Otto 128 Hz fork with yourself or a client
- ✓ Use the Otto 64 Hz fork with yourself or a client
- ✓ Ground on the kidney 1 meridian point with the 128 Hz Otto tuning fork
- ✓ Ground yourself or a client using the methods in the Practitioner Toolkit
- ✓ Administer 10 question stress quiz / send to website for 25 question

LEVEL II

In addition to the areas of practice granted with **SOUND WELLNESS PRACTITIONER - LEVEL I** certification, participants who successfully complete the requirements for certification as a **SOUND WELLNESS PRACTITIONER - LEVEL II**, will be permitted to :

- ✓ Use the voice with a client to support emotional healing, to remove emotional blocks, to scan a client and promote healing.
- ✓ Use the Tibetan and crystal singing bowls to support healing. Practitioners will be able to conduct healing sessions with the bowls, lead sound baths, and to guide their clients in selecting a bowl appropriate for their use.
- ✓ Incorporate other sound tools (gong, bell and dorje, tingshas, drum) to assist the healing process with a client.
- ✓ Use the following tuning forks for your own self care or with a client
 - the perfect 5th tuning forks
 - the Otto tuning forks - (128 Hz, 64 Hz, 32 Hz)
 - the Harmony series of tuning forks
 - the Planetary chakra set of tuning forks
 - the Solfeggio set of tuning forks
- ✓ Select recorded sound and music appropriate to supporting a client.



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