



Sound Healing Mastery Series with Kay Grace



Sound Healing Upcoming classes and series
Introduction to Sound Healing
Friday, February 3, 2012

Sound Healing Mastery Series
Class 1: The Healing Power of Sound Foundation, Saturday, Feb 4
Class 2: Sounding the Earth-Drums, Dance & Didgeridoo, Feb 5

What Will I Learn?"

You'll learn the science and the art of sound healing, and why it is emerging as a highly respected treatment modality in the field of mind-body medicine and integrative health and wellness.

The learning environment is designed to give you an in-depth understanding of the tools and techniques, as well as a grounded experience and practice in actually using those tools. We cover the What, the How (step by step) and the Why – why it matters to each student, and why it matters in the greater world, as well as how you can use sound healing in your every day life and in the lives of those you may choose to serve.

Some take the series in order to become a sound healing practitioner who works with clients to help them clear mental, emotional and physical roadblocks, while others take the series or an individual class in order to heal themselves. Still others choose to learn about sound healing as a rich path to personal growth, or to deepen their understanding of the profound impact music and sound have on all of our lives.

Whether you take one class or all 9 to receive your certificate, you will come away with a new appreciation of the healing power of sound, and some new ways to use sound to clear blocks and harmonize with whatever is happening.



For those who complete the series, you will learn:

- To develop your intuition and connection to your Higher Self
- To trust the Yes/No signal you receive so you'll always know what's right for you
- To use sound to clear and release mental, physical, emotional or spiritual blocks
- How sound works with the human energy system and the chakras
- How sound and movement work together to shift your energy state
- Drums, Earth music and an experience of shamanic journey with sound
- Tibetan and Himalayan Singing Bowl healing protocols and use
- Tuning Fork sound therapy practices and protocols
- The purpose and use of Crystal Singing Bowls and Crystals
- Voice as a sound healing tool – from mantras & chants to toning and harmonics (overtone singing)
- Energetic Boundaries and the Ethics of Healing

[RETREAT: Mastery of Self and Sound –](#)

[Fri 4pm – Sun 12pm; March 9th -11th, 2012](#)

Dive deep, and practice the art and science of Sound Healing hands on with your fellow participants. This retreat is highly experiential; expect a transformational and healing experience as you step into the Mastery of Sound Healing. You will learn how to conduct a complete Sound Healing session with a friend or client, from intake to asking from the heart for your client to book their next appointment. We'll cover the ethics of vibrational therapy in more depth, and how to create and maintain good energetic boundaries so that you can keep your energy strong and clear while you help others.

We'll also introduce the use of music as medicine. Music speaks to both sides of the brain, logical/ verbal AND emotional/non verbal, which is why music and singing is so effective in helping people with Alzheimer's regain some memory and even the ability to speak in some cases. The more complex music is, the more it draws the listener in as it both intrigues the mind and touches the emotions. We'll explore music from the perspective of both creators and active listeners, and learn what kinds of music works well in different situations, from healing sessions to better productivity, to studying for tests, or reducing stress and anxiety.



INTEGRATIVE HEALTH EDUCATION CENTER



Whether you plan to serve clients as a sound healing practitioner, or simply to use what you have learned to create greater harmony, healing and happiness in your life, this retreat will be an anchor of well-being, confidence and self-mastery.

Musical Guest: To be announced!

This is an optional and highly recommended addition to the Sound Healing Mastery Certificate program, and is also appropriate for those who have some sound healing experience or have taken a previous retreat or day class with me.

What others are saying:

I loved learning about the healing power of sound. I came with the intention for healing, opening and renewed inspiration and guidance. I got exactly what I needed and MORE!

- Terese Guettler, holistic practitioner,
Minneapolis, MN

Thank you for being the catalyst who created this event where I found a long-lost friend, spent time on the beautiful North Shore, met many new and wonderful people, and so enjoyed the ambiance, learning and good energy in that beautiful house.

The space was perfect; the food was great! What I loved most was the communal OM and toning with the intent to blanket the planet with our love and healing. I'm looking forward to Harmonic Happiness !!

-Ginny Cone,
St. Paul, MN

Kay, I loved your style of presenting. It felt clear, respectful, inspiring and you had a delightful sense of humor!

I especially loved the group toning experiences, and the healing tones of the bowls and tuning forks. The extra things (surprises) you provided added a magical quality. It was a quality weekend shared with lovely people.

-Laurel Bruestedt,
White Bear Lake, MN